

Indonesian Lentil Curry

with Sweet Potato and Cauliflower



30-40min



2 Portions

The vibrant flavours of Indonesian cuisine come to life in this mild vegetarian curry. By roasting sweet potato and cauliflower in the oven instead of boiling, you get wonderful sweet and caramelised flavours. Just divide among bowls and pour over the creamy lentil and coconut curry soup - no rice needed.

What we send

- sweet potato
- cauliflower
- onion
- garlic
- coconut milk
- Indonesian vegetable curry paste ^{1,6,15}
- green peas
- lentils

What you'll require

- sea salt and pepper
- sunflower oil
- water

Utensils

- baking paper
- large frypan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Soy (6), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 860kcal, Fat 36.3g, Carbs 97.4g, Proteins 24.2g



1. Roast vegetables

Preheat oven to 220C. Scrub the **sweet potato** and cut lengthwise into 5mm-thick slices. Cut **cauliflower** head into florets and stem into 2cm chunks. Line 2 oven trays with baking paper. Spread cauliflower and potato, slightly overlapping, over trays. Drizzle with **1 tbs vegetable oil**, season with **salt and pepper** and bake, rotating, for 20-25 mins until tender.



2. Prepare aromatics

Meanwhile, finely chop the **onion**. Crush or finely chop the **garlic**.



3. Cook aromatics

Heat **1 tbs vegetable oil** in a large deep frypan over medium heat. Cook the **onion** and **garlic**, stirring, for 5 mins or until softened.



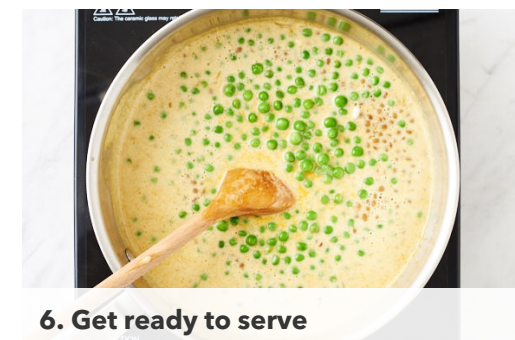
4. Add curry paste

Add **half the curry paste** (reserve remainder for another use) and cook, stirring, for 1 min or until fragrant. Add the **coconut milk** and **60ml (1/4 cup) water** and simmer for 5 mins to develop the flavour. Season with **salt and pepper**.



5. Rinse lentils and peas

Drain and rinse the **lentils** and **peas**.



6. Get ready to serve

Stir the **lentils** and **peas** into the curry and cook for 2 mins or until warmed through. Divide the **sweet potato** and **cauliflower** among bowls and spoon over the **lentil curry** to serve.