

# DINNERLY

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## Lentil Kedgeriee with Roasted Vegetables



30-40 minutes



4 Servings

Jam-packed with rice, roasted cauliflower, creamy lentils, sweet raisins and aromatic spices, this moreish vego take on the classic Indo-English dish kedgeriee is a guaranteed crowd-pleaser. Top with soft-boiled egg and unleash the hounds.

#### WHAT WE SEND

- cauliflower
- red capsicum
- lentils
- vegetable stock cube
- jasmine rice
- raisins
- baharat spice blend

#### WHAT YOU NEED

- boiling water
- eggs<sup>3</sup>
- garlic clove
- olive oil
- sea salt and pepper

#### TOOLS

- baking paper
- oven tray
- sieve
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

#### ALLERGENS

Egg (3). May contain traces of other allergens.

#### NUTRITION PER SERVING

Energy 755kcal, Fat 23.0g, Carbs 101.0g, Proteins 29.0g



#### 1. Boil eggs

Preheat oven to 220C. Line an oven tray with baking paper. Put **4 eggs** in a medium saucepan of cold water. Bring to the boil and cook for 3-4 mins for soft-boiled, then cool slightly in cold water. Meanwhile, thinly slice **2 garlic cloves**. Thickly slice **capsicums**, discarding seeds and membrane. Cut **cauliflower** head into small florets and coarsely chop stem.



#### 2. Roast vegetables

Put the **garlic, capsicum** and **cauliflower** on the lined tray, drizzle with **2 tbs olive oil** and season with **salt and pepper**. Toss to combine, spread in a single layer and roast for 18-20 mins until lightly charred. Meanwhile, crumble the **stock cubes** into a heatproof jug, add **450m boiling water** and stir until dissolved.



#### 3. Cook spice blend

Rinse the **rice** in a sieve until the water runs clear. Heat **2 tbs olive oil** in a large saucepan over medium heat. Add the **baharat spice blend** and cook, stirring, for 1 min or until fragrant.



#### 4. Add rice and lentils

Add the **rice**, stir until well coated, then stir in the **stock**. Cover with a lid, reduce heat to low and cook for 10-12 mins until the rice has absorbed all the stock. Meanwhile, drain and rinse the **lentils**. Remove the rice from the heat, gently stir in the lentils and stand, covered, for 5 mins.






#### 5. Serve up

Peel and halve the **eggs**. Stir the **roasted vegetables** and **raisins** into the **rice**. Divide the **kedgeree** and eggs among plates to serve.



#### 6. Kitchen hack

For a boost of flavour and colour, scatter over coarsely chopped parsley and toasted slivered almonds to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
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 **Packed in Australia**  
from at least 40%  
**Australian ingredients**