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## Pumpkin & Lentil Dahl with Brown Rice and Yoghurt

What do you get when you combine pumpkin with lentils, spices and water in a big pot? A delicious curry! Sounds pretty magical 'eh? Anything that only uses one pot is magic in our books. It tastes pretty magical too, thanks to the balance of a few key spices, sweet pumpkin and creamy yoghurt. Something tasty this way comes.



**Prep:** 10 mins



**Cook:** 35 mins



**Total:** 45 mins



level 1



spicy

### Pantry Items



Olive Oil



Hot Water



Water



Red Onion



Mild Curry Powder



Birdseye  
Chilli



Pumpkin



Vegetable Stock



Diced Tomatoes



Red Lentils



Baby Spinach  
Leaves



Brown Rice



Greek Yoghurt

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
½	1	red onion, finely chopped
⅓ sachet	1 ⅓ sachets	mild curry powder
1	2	birdseye chilli, deseeded & finely chopped
400 g	800 g	pumpkin, peeled & cut into 2 cm cubes
1 cube	2 cubes	vegetable stock
2 cups	4 cups	hot water *
1 tin	2 tins	diced tomatoes
1 packet	2 packets	red lentils, rinsed well
1 bag	2 bags	baby spinach leaves, washed
1 packet	2 packets	brown rice, rinsed well
3 cups	6 cups	water *
1 tub	2 tubs	Greek yoghurt

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3300	Kj
Protein	35.2	g
Fat, total	14.3	g
-saturated	3	g
Carbohydrate	123	g
-sugars	26	g
Sodium	492	mg



**You will need:** *chef's knife, chopping board, vegetable peeler, sieve, two medium saucepans with one lid and wooden spoon.*

**1** Heat the **olive oil** in a medium saucepan over a medium-high heat. Then add the **red onion** and cook for **5 minutes**, or until the onion is soft. Add the **mild curry powder** and **birdseye chilli** and cook for **1 minute**, or until fragrant. Add the **pumpkin** and cook, stirring, for **1 minute**.



**2** Add the combined **vegetable stock** and **hot water**, **diced tomatoes** and **red lentils** to the pan. Bring to the boil. Reduce heat to medium and simmer for **30-35 minutes**, or until the lentils and pumpkin are tender. Stir intermittently to ensure the lentils do not stick to the base of the pan. Remove from the heat and stir through the **baby spinach leaves**.



**3** Meanwhile, place the **brown rice** and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until the rice is soft and the water is absorbed.

**4** To serve, divide the brown rice and dahl between bowls and top with the **Greek yoghurt**.



**Did you know?** Pumpkins were once recommended as a cure for freckles.