

**Product Spotlight:**
Mint

Did you know there is plenty of flavour in mint stems? You can use them to flavour a sugar syrup to mix into drinks!



Jalfrezi Lentil Tray Bake

with Turmeric Rice

Brown lentils, cauliflower, cherry tomatoes, and red onion roasted in a custom blend Jalfrezi spice mix, served with turmeric basmati rice, toasted flaked almonds and a bright lemon, roasted garlic and mint dressing.



30 minutes



4 servings



Plant-Based

Spice it up!

For a bit of spice, add ground chilli powder to the veggies and lentils to bake, or serve this dish with slices of green or red chilli.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	24g	120g

FROM YOUR BOX

BASMATI RICE	300g
CAULIFLOWER	1
RED ONION	1
CHERRY TOMATOES	400g
BROWN LENTILS	2 x 400g
GARLIC CLOVES	3
JALFREZI SPICE MIX	1 packet
FLAKED ALMONDS	80g
LEMON	1
MINT	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

Wrap whole garlic cloves in foil to prevent them from burning.

A dry frypan simply means that you do not add oil.

If desired, season dressing with 1/2–1 tsp of sweetener, such as sugar or maple syrup.

Jalfrezi spice mix: ground cumin, ground coriander, ground turmeric, fenugreek, ground cinnamon and ground cardamom.



1. COOK THE RICE

Set oven to 220°C.

Place rice, **1 tsp turmeric** and a pinch of **salt** in a saucepan. Cover with **600ml water** and a lid, and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



4. MAKE THE HERB DRESSING

Add lemon zest and juice to a bowl along with **3 tbsp olive oil** and **1 tbsp water**. Squeeze in roasted garlic and whisk to combine. Finely chop mint leaves (reserve some for garnish). Add to bowl and mix to combine. Season with **salt and pepper** (see notes).



2. ROAST THE VEGETABLES

Cut cauliflower into florets and wedge onion. Drain and rinse lentils. Toss on a lined oven tray with **oil**, spice mix, **salt and pepper**. Coat whole garlic well with **oil** and add to tray (see notes). Roast for 20 minutes until vegetables are tender.



5. FINISH AND SERVE

Divide rice among plates. Top with roasted vegetables and lentils. Spoon over dressing and garnish with flaked almonds.



3. TOAST THE ALMONDS

Heat a frypan over medium-high heat. Add almonds and toast in dry frypan (see notes) for 3–4 minutes, or until golden. Note:

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