



Product Spotlight: Lentils


Lentils are a great source of plant-based protein, with 18 grams in every one-cup serving, the equivalent of eating about three whole eggs!



Khorma Roasted Vegetables with Beluga Lentils

A mix of filling and nutritious vegetables roasted and beluga lentils roasted in a coconut milk and khorma curry sauce, served with toasted almonds, slices of red chilli and fresh mint leaves.

 30 minutes

 4 servings

 Plant-Based

Spice it up!

To spice up the khorma sauce, blend roughly chopped chilli into the khorma sauce, or add desired amount of dried chilli powder and serve with fresh chilli!

Per serve: **PROTEIN** 47g **TOTAL FAT** 27g **CARBOHYDRATES** 67g

FROM YOUR BOX

| | |
|--------------------|-----------|
| KHORMA CURRY PASTE | 2 sachets |
| COCONUT MILK | 400ml |
| WHITE SWEET POTATO | 1 kg |
| ZUCCHINI | 1 |
| EGGPLANT | 1 |
| CHERRY TOMATOES | 2 x 200g |
| FLAKED ALMONDS | 1 packet |
| RED CHILLI | 1 |
| MINT | 1 packet |
| TINNED LENTILS | 2 x 400g |

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan, oven tray

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



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1. PREPARE KHORMA SAUCE

Set oven to 220°C.

Add khorma paste, coconut milk to a bowl. Mix to combine.



2. ROAST THE VEGETABLES

Cut sweet potato and zucchini into angular pieces. Wedge eggplant. Add to a lined oven tray along with cherry tomatoes, **oil**, 1/2 prepared khorma sauce, **salt and pepper**. Roast for 20–25 minutes until vegetables are tender.



3. PREPARE THE TOPPINGS

Add almonds to a dry frypan over medium-high heat. Toast for 3–4 minutes until golden. Remove from heat.

Slice chilli. Set aside with mint leaves and toasted almonds.



4. ADD THE LENTILS

Drain and rinse lentils. Add to oven tray with vegetables and toss to combine. Return to oven to roast for further 10 minutes.



5. FINISH AND SERVE

Divide roasted vegetables and lentils among plates. Spoon over remaining khorma sauce and add prepared toppings.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

