



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 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	TOTAL FAT	CARBOHYDRATES
	47g	27g	67g

FROM YOUR BOX

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

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. COOK THE LENTILS

Set oven to 220°C.

Place **lentils** in a saucepan and cover with water. Bring to the boil and simmer for 15 minutes, or until tender but still firm. Drain and rinse.



4. 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.



2. PREPARE KHORMA SAUCE

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



5. ADD THE LENTILS

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



3. 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.



6. FINISH AND SERVE

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

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