




Product Spotlight: Cauliflower


Cauliflower is chock-full of vitamins and minerals! It's a good source of choline which assists in brain development, improving learning and memory!



4 Curried Lentil Pie

Curried red lentils and vegetables cooked in a rich tomato sauce, baked in the oven with golden cauliflower mash on top.

 40 minutes

 2 servings

 Plant-Based

14 September 2020

Spice it up!

If you have some curry paste in the pantry you can use that instead of curry powder for a more exciting flavour. Or if you prefer to leave the spice out, use dried herbs such as thyme or rosemary.

Per serve: **PROTEIN** 20g **TOTAL FAT** 2g **CARBOHYDRATES** 46g

FROM YOUR BOX

CAULIFLOWER	1/2
BROWN ONION	1
CARROT	1
CELERY STICK	1
RED CAPSICUM	1/2 *
GARLIC CLOVE	1
RED LENTILS	1 packet (100g)
CHOPPED TOMATOES	400g
WATERCRESS	1/2 sleeve *
BASIL	1/3 packet (20g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, curry powder, dried oregano, balsamic vinegar

KEY UTENSILS

large frypan with lid, saucepan, stick mixer or food processor, oven dish

NOTES

Curry powder can vary in heat. If you are sensitive to spice, add less in.



1. COOK THE CAULIFLOWER

Set oven grill to 220°C. Bring a saucepan of water to the boil.

Cut cauliflower into florets. Add to boiling water to cook for 8-10 minutes or until softened (see step 4).



2. SAUTÉ THE VEGETABLES

Meanwhile, heat a frypan over medium-high with **oil**. Chop onion, carrot, celery and capsicum. Crush in garlic clove. Add **1 tsp oregano** and **1 tbsp curry powder** (see notes). Cook for 5 minutes until softened.



3. SIMMER THE SAUCE

Add lentils to frypan. Add chopped tomatoes and **1 cup water**. Cover and simmer for 10 minutes or until thickened (stir halfway). Season to taste with **salt and pepper**.



4. MAKE CAULIFLOWER TOP

Drain cauliflower and blend using a stick mixer until smooth (alternatively, mash using a potato masher). Season with **salt and pepper**.



5. ASSEMBLE + BAKE PIE

Transfer lentil sauce to an oven dish and spread cauliflower mash on top. Grill in oven for 5-10 minutes or until golden. Meanwhile, trim watercress and place in a bowl. Drizzle with **vinegar** and **olive oil**.



6. FINISH AND PLATE

Divide curried pie between plates. Garnish with sliced basil and serve with side of watercress.

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

