

# Curried Cauliflower & Lentils

with Garlic Naan

TIME: 45-55 minutes

SERVINGS: 2

Inspired by Indian vindaloo, this curried cauliflower (cooked with bright curry sauce and cream) is a perfect counterpoint to stewed crimson lentils. We're serving a traditional side of naan—drizzled with garlic-infused olive oil, then toasted in the oven—for scooping up the lentils.



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## Ingredients



2 pieces  
NAAN BREAD



1/2 cup  
PETITE CRIMSON  
LENTILS



3 cloves  
GARLIC



1 head  
CAULIFLOWER



1  
LIME



1  
YELLOW ONION



1 bunch  
MINT

## KNICK KNACKS:



2 Tbsps  
TOMATO PASTE



1 1/2 tsps  
BROWN &  
YELLOW  
MUSTARD SEEDS



1/4 cup  
HEAVY CREAM



1/4 cup  
LABNEH CHEESE



1/4 cup  
TOMATO CURRY  
SAUCE



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## 1 Prepare the ingredients:

- ☐ Preheat the oven to 400°F.
- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and finely chop the **garlic**.
- ☐ Peel and thinly slice the **onion**.
- ☐ Quarter the **lime**.
- ☐ Cut out and discard the core from the **cauliflower**; cut into small pieces.
- ☐ Pick the **mint** leaves off the stems; discard the stems.

## 2 Make the garlic oil:

- ☐ In a medium saucepan, heat **1 tablespoon of olive oil** on medium-high until hot. Add **half the chopped garlic** and cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Transfer the garlic oil to a bowl. Wipe out the saucepan.

## 3 Cook the lentils:

- ☐ In the same saucepan, heat a drizzle of olive oil on medium-high until hot. Add the **sliced onion, mustard seeds, and remaining chopped garlic**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until softened and the mustard seeds begin to pop.
- ☐ Add the **lentils** and **2 ½ cups of water**; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-high. Cook, stirring occasionally, 20 to 24 minutes, or until tender and thickened. Turn off the heat.
- ☐ Stir in the **juice of 2 lime wedges**; season with salt and pepper to taste.

## 4 Start the cauliflower:

- ☐ Once the lentils have cooked for about 10 minutes, add the **cauliflower pieces** to the pot of boiling water and cook 3 to 4 minutes, or until still slightly firm to the bite. Drain thoroughly. Wipe out the pot.
- ☐ In the same pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the cooked cauliflower; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- ☐ Add the **tomato paste** and cook, stirring frequently, 1 to 2 minutes, or until dark red and fragrant.

## 5 Finish the cauliflower:

- ☐ Add **½ cup of water** to the pot and cook, stirring occasionally, 1 to 2 minutes, or until slightly reduced in volume.
- ☐ Add the **curry sauce** and **heavy cream** (shaking the bottle just before opening); season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly thickened. Turn off the heat.
- ☐ Stir in the **juice of the remaining lime wedges**; season with salt and pepper to taste.

## 6 Make the garlic naan & serve your dish:

- ☐ While the cauliflower cooks, line a sheet pan with foil. Place the **naan** on the foil. Top with the **garlic oil**; season with salt and pepper. Toast in the oven 4 to 6 minutes, or until lightly browned and fragrant. Transfer to a cutting board; cut into equal-sized wedges.
- ☐ Garnish the **cooked lentils** and **finished cauliflower** with the **labneh** and **mint leaves** (tearing just before adding). Serve with the garlic naan on the side. Enjoy!

