



Your Chance to Join Chef Paul & Sam's Brigade

The Tarka Dhal Pie with Curry Spiced Sweet Potatoes

Put your Chef-ready Meal® in the fridge as soon as it arrives home

Take everything out to bring it back to room temperature
at least an hour before you reheat

- o This dish is an absolute doddle. It should take no longer than **10 minutes** to complete or just **5 minutes** in a microwave.
- o Preheat your oven to **180C** (**160** for fan assisted ovens).
- o Place the Tarka Dhal pie in the oven for 10 minutes. Or warm in the microwave for: **1min 30secs in a 900W** or **2mins in a 600W**.
- o Dust the slices of pre-cooked sweet potato liberally with the spice mix on both sides.
- o Heat a small amount of oil in a frying pan on medium-high heat
- o Place the sweet potato in the pan and fry for **2 minutes**.
- o Flip the sweet potato slices and add the sweet and sour tomatoes to the pan. Fry for another **2 minutes**.
- o Remove the pan from the heat and add the spinach letting the residual heat wilt it.
- o Plate up the contents of the frying pan and place the pie on top.
- o Serve with the gherkin ketchup.

Use within 3 days of collection/delivery. Keep refrigerated below 5°C.

We cannot guarantee that nuts or nut traces will not be found in our food.

Allergens - Celery, gluten, egg, milk, sulphites

The hygienic containers are made from corn starch and are biodegradable.

They will clean (even in the dishwasher) and can be reused many times

What You Have Got

ELEMENT	NUMBER OF PORTIONS	Present?
Tarka Dahl pie (vegan)		
Homemade sweet & sour tomatoes		
Sweet potato slices		
Fresh leaf spinach		
Home toasted spice blend		

EXTRAS & SIDES	NUMBER	Present

Sometimes multiple portions of the same element are combined into single containers. This is to cut down on our use of plastic packaging and wastage.

For example, if you have ordered 1 roast beef and 1 roast lamb; the potatoes, veg and carrot & swede mash may be in the same container.