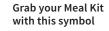


Coconut Lentil & Bamboo Shoot Dhal

with Yoghurt & Chilli Flatbreads

CLIMATE SUPERSTAR













Mumbai Spice **Red Lentils**





Bengal Curry

Tomato Paste







Coconut Milk





Green Beans

Chilli Flakes





Mini Flour Tortillas

Baby Spinach





Bamboo Shoots



Greek-Style Yoghurt



Coriander



Dhal is always wholesome and delicious but this version raises the bar, with a creamy coconut base, mild spices and multiple veggies to keep things interesting. Plus, you'll quickly become addicted to the spicy flatbreads for dipping – they're easy to create and make this meal extraordinary!

Pantry items Olive Oil, Butter

Prep in: 30-40 mins

Ready in: 35-45 mins

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

· Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
onion	1 (medium)	1 (large)		
garlic	2 cloves	4 cloves		
red lentils	1 packet	2 packets		
butter*	20g	40g		
Mumbai spice blend	1 sachet	2 sachets		
Bengal curry paste	1 packet (50g)	1 packet (100g)		
tomato paste	1 packet	2 packets		
water*	2 cups	4 cups		
salt*	½ tsp	1 tsp		
coconut milk	1 box	2 boxes		
carrot	1	2		
green beans	1 bag (100g)	1 bag (200g)		
chilli flakes (optional)	pinch	pinch		
mini flour tortillas	6	12		
baby spinach leaves	1 bag (30g)	1 bag (60g)		
bamboo shoots	½ tin	1 tin		
Greek-style yoghurt	1 medium packet	1 large packet		
coriander	1 bag	1 bag		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3460kJ (827Cal)	517kJ (124Cal)
Protein (g)	32.8g	4.9g
Fat, total (g)	42.7g	6.4g
- saturated (g)	26.7g	4g
Carbohydrate (g)	103.9g	15.5g
- sugars (g)	21.5g	3.2g
Sodium (mg)	1466mg	219mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4205kJ (1005Cal)	507kJ (121Cal)
Protein (g)	65.9g	7.9g
Fat, total (g)	47.9g	5.8g
- saturated (g)	28.2g	3.4g
Carbohydrate (g)	104.7g	12.6g
- sugars (g)	21.5g	2.6g
Sodium (mg)	1565mg	189mg

The quantities provided above are averages only.

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Get prepped

• Finely chop onion and garlic. Rinse red lentils.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks.



Start the dhal

- In a large saucepan, heat the butter and a drizzle of olive oil over medium-high heat. Cook onion, stirring, until softened, 3-4 minutes.
- Add garlic and Mumbai spice blend and cook until fragrant, 1 minute.
- Add a drizzle of olive oil, then add Bengal curry paste and tomato paste and cook, stirring, until fragrant, 2 minutes.

Custom Recipe: Before starting the dhal, heat a large saucepan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate and continue as above.



Simmer the dhal

- Add the water, the salt, lentils and coconut milk to the pan. Stir well to combine. Cover with a lid, reduce the heat to medium and cook until the lentils have softened, 20-25 minutes.
- While the **lentils** are cooking, **grate carrot**. Trim and **halve green beans**.
- In the last 5 minutes of cook time, remove the lid and stir through the carrot and green beans.
 Cook until softened.

TIP: Add a splash of water if the dhal looks dry.



Make the chilli flatbreads

- While the dhal is cooking, heat a medium frying pan over medium-high heat with the olive oil
 (2 1/2 tbs for 2 people / 1/3 cup for 4 people).
 Add a pinch of chilli flakes (if using) and cook until fragrant, 1 minute.
- Transfer chilli-infused oil to a small bowl. Brush (or spread using the back of a spoon) some chilli-oil over both sides of a mini flour tortilla.
- Return frying pan to medium-high heat, then cook the tortilla until golden, 1 minute each side. Transfer to a plate towel-lined plate.
- Repeat with remaining chilli oil and tortillas.



Finish the dhal

 When the dhal has finished cooking, stir through baby spinach leaves and bamboo shoots (see ingredients) until spinach is just wilted and bamboo shoots are warmed. Season with salt and pepper.

TIP: Stir through some water with the spinach if needed!

Custom Recipe: Return chicken along with baby spinach and bamboo shoots, stirring until warm.



Serve up

- · Divide coconut lentil dhal between bowls.
- Top with Greek-style yoghurt and tear over coriander. Serve with chilli flatbreads. Enjoy!

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