

Coconut Lentil & Bamboo Shoot Dhal

with Yoghurt & Chilli Flatbreads

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Onion



Garlic



Red Lentils



Mumbai Spice Blend



Bengal Curry Paste



Tomato Paste



Coconut Milk



Carrot



Green Beans



Chilli Flakes



Mini Flour Tortillas



Baby Spinach Leaves



Bamboo Shoots



Greek-Style Yoghurt



Coriander



Chicken Breast

Prep in: 30-40 mins
Ready in: 35-45 mins

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items
Olive Oil, Butter

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

	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.

Allergens

Always read product labels for the most up-to-date allergen information. Scan here if you have any questions or concerns Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Not enough space



Get prepped

- Finely chop **onion** and **garlic**. Rinse **red lentils**.

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



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**.
- Return **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**.



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.



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.



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.



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)