



Indian Coconut Lentil & Veggie Dhal

with Herby Flatbreads

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Red Lentils



Ginger Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Coconut Milk



Tomato Paste



Vegetable Stock Powder



Carrot



Baby Spinach Leaves



Coriander



Mini Flour Tortillas



Greek-Style Yoghurt



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

Dhal is the ultimate bowl of goodness – rich in protein, a good source of fibre and full of aromatic flavours. The coconut milk balances the spices to create a meal that's both delectable and nourishing.

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

Pantry items

Olive Oil

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

Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
red lentils	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
mild North Indian spice blend	1 sachet	1 sachet
water*	2 cups	4 cups
coconut milk	1 medium packet	2 medium packets
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
carrot	1	2
baby spinach leaves	1 medium bag	1 large bag
coriander	½ bag	1 bag
mini flour tortillas	6	12
Greek-style yoghurt	1 medium packet	1 large packet
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)	2981kJ (712Cal)	598kJ (142Cal)
Protein (g)	31.1g	6.2g
Fat, total (g)	32g	6.4g
- saturated (g)	20.3g	4.1g
Carbohydrate (g)	101.9g	20.4g
- sugars (g)	20.2g	4.1g
Sodium (mg)	1812mg	363mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3726kJ (891Cal)	566kJ (135Cal)
Protein (g)	64.2g	9.7g
Fat, total (g)	37.2g	5.6g
- saturated (g)	21.8g	3.3g
Carbohydrate (g)	102.7g	15.6g
- sugars (g)	20.2g	3.1g
Sodium (mg)	1911mg	290mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

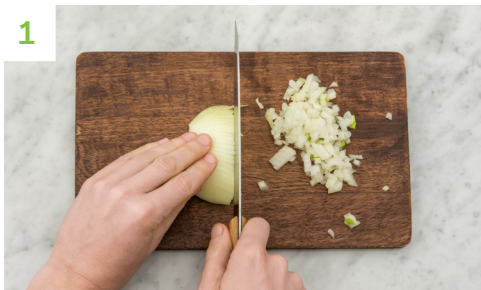
We're here to help!

Scan here if you have any questions or concerns

2024 | CW06



1



Get prepped

- Finely chop **onion** (see ingredients).
- Rinse **red lentils**. Cut **carrot** into bite-sized chunks.

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

4



Make the herb oil

- While the dhal is simmering, finely chop **coriander** (see ingredients).
- In a small bowl, combine **coriander** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people), then season to taste.

2



Start the dhal

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until softened, **4-5 minutes**.
- Add **ginger paste**, **Mumbai spice blend** and **mild North Indian spice blend** and cook, stirring, until fragrant, **1 minute**.
- Add the **water**, **coconut milk**, **tomato paste** and **vegetable stock powder**. Stir to combine.

Custom Recipe: Cook the chicken before cooking the onion, tossing, until browned and cooked through, 4-5 minutes. Transfer to a plate and continue with step.

5



Make the flatbreads

- When the dhal has **10 minutes** cook time remaining, brush some **coriander oil** over both sides of a **mini flour tortilla**.
- Heat a medium frying pan over medium-high heat, then add a **tortilla**. Cook until golden, **1-2 minutes** each side.
- Transfer to a paper-towel lined plate and repeat with the remaining **tortillas** and **coriander oil**.

3



Simmer the dhal

- Add **carrot** and **lentils** to the saucepan, then season with **salt** and **pepper**. Bring to a simmer, cover with a lid and cook, stirring occasionally, until the lentils are soft, **20-25 minutes**.
- Add **baby spinach leaves** and stir until wilted, **1 minute**.

TIP: If the dhal is looking a little dry, just add a splash of water.

Custom Recipe: When the dhal has thickened, stir through the chicken (plus any resting juices) along with the baby spinach.

6



Serve up

- Tear herby flatbreads in half.
- Divide Indian coconut lentil and veggie dhal between bowls.
- Dollop with **Greek-style yoghurt** and serve with herby flatbreads. Enjoy!

Rate your recipe

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