



Coconut Veggie & Lentil Dhal

with Yoghurt & Chilli Tortillas

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 (Optional)



Mini Flour Tortillas



Baby Leaves



Greek-Style Yoghurt



Coriander

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 chilli tortillas for dipping – they're easy to create and make this meal extraordinary!

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 deep frying pan with a lid (or saucepan) · Medium frying pan

Ingredients

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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3470kJ (829Cal)	491kJ (117Cal)
Protein (g)	32.7g	4.6g
Fat, total (g)	41g	5.8g
- saturated (g)	26.4g	3.7g
Carbohydrate (g)	105.1g	14.9g
- sugars (g)	19.9g	2.8g
Sodium (mg)	1463mg	207mg
Dietary Fibre (g)	24.1g	3.4g

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 | CW21



Get prepped

- Finely chop **onion** (see ingredients) and **garlic**.
- Rinse **red lentils**.



Make the chilli tortillas

- While the dhal is cooking, heat a medium frying pan over medium-high heat with the **olive oil** (2½ tbs for 2 people / ½ 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 paper towel-lined plate.
- Repeat with remaining **chilli oil** and **tortillas**.



Start the dhal

- In a large deep frying pan (or 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**.



Finish the dhal

- When the dhal has finished cooking, stir through **baby leaves**, until just wilted. Season with **salt** and **pepper**.

TIP: Stir through some water with the baby leaves if needed!



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 tender.

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 tortillas. Enjoy!

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