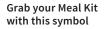


Coconut Veggie & Lentil Dhal with Yoghurt & Chilli Tortillas

CLIMATE SUPERSTAR













Red Lentils







Bengal Curry

Tomato Paste





Coconut Milk

Carrot





Green Beans

Chilli Flakes (Optional)



Mini Flour Tortillas

Baby Leaves



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 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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
onion	1/2	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

2024 | CW21

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.





Get prepped

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



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.



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.



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 / ⅓ 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.



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!



Serve up

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



