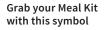


# Coconut Lentil & Baby Broccoli Dhal

with Yoghurt & Chilli Tortillas















**Red Lentils** 



Mumbai Spice

Blend



Bengal Curry



**Tomato Paste** 



Coconut Milk





Green Beans



Baby Broccoli



Chilli Flakes (Optional)



Mini Flour Tortillas



**Baby Leaves** 



Greek-Style Yoghurt



Coriander

**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 saucepan with a lid  $\cdot$  Medium frying pan

# Ingredients

	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
baby broccoli	1 medium bunch	2 medium bunches
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

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3580kJ (856Cal)	449kJ (107Cal)
Protein (g)	35.6g	4.5g
Fat, total (g)	41.4g	5.2g
- saturated (g)	26.4g	3.3g
Carbohydrate (g)	106.9g	13.4g
- sugars (g)	21g	2.6g
Sodium (mg)	1478mg	185mg
Dietary Fibre (g)	26.1g	3.3g

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 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. Halve any thicker stalks of baby broccoli lengthways.
- In the last 5 minutes of cook time, remove the lid and stir through the carrot, green beans and baby broccoli. Cook until tender.

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



# Make the chilli tortillas

- Meanwhile, 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.



# 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!



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