



Indian Pumpkin & Veggie Dhal

with Garlic Flatbreads & Coriander

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Celery



Red Lentils



Ginger Paste



Tomato Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Coconut Milk



Vegetable Stock Powder



Peeled Pumpkin Pieces



Garlic



Flatbreads



Coriander



Diced Chicken

Prep in: 20-30 mins
Ready in: 40-50 mins



Plant Based[^]
[^]Custom Recipe is not Plant Based



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 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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
celery	1 stalks	2 stalks
red lentils	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
Mumbai spice blend	1 medium sachet	2 medium sachets
mild North Indian spice blend	1 medium sachet	1 large sachet
water*	2 cups	4 cups
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 large sachet	2 large sachets
peeled pumpkin pieces	1 small packet	1 medium packet
garlic	2 cloves	4 cloves
flatbreads	2	4
coriander	1 packet	1 packet
diced chicken**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2985kJ (713Cal)	543kJ (130Cal)
Protein (g)	29.6g	5.4g
Fat, total (g)	28.7g	5.2g
- saturated (g)	16.6g	3g
Carbohydrate (g)	107.4g	19.5g
- sugars (g)	18.4g	3.3g
Sodium (mg)	2144mg	390mg
Dietary Fibre (g)	16.3g	3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3642kJ (870Cal)	520kJ (124Cal)
Protein (g)	63g	9g
Fat, total (g)	31.1g	4.4g
- saturated (g)	17.4g	2.5g
Carbohydrate (g)	108.2g	15.5g
- sugars (g)	19.2g	2.7g
Sodium (mg)	2206mg	315mg
Dietary fibre	16.3g	2.3g

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.



Get prepped

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



Make the garlic oil

- Meanwhile, finely chop **garlic**.
- In a small bowl, combine **garlic** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people), then season.



Start the dhal

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

Custom Recipe: If you added diced chicken, cook with the onion and carrot! It will finish cooking in step 3.



Toast the garlic flatbreads

- When the dhal has **5 minutes** remaining, brush some **garlic oil** over both sides of **flatbreads**.
- Heat a medium frying pan over medium-high heat. Toast **flatbreads** until golden and warmed through, **1-2 minutes** each side.
- Transfer to a paper towel-lined plate.



Simmer the dhal

- Add **peeled pumpkin pieces** and **lentils** to the pan. Bring to a simmer, then cover with a lid and cook, stirring occasionally, until the lentils are soft, **20-22 minutes**.

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



Serve up

- Divide Indian pumpkin and veggie dhal between bowls.
- Tear over **coriander**. Serve with garlic flatbreads. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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