



# Indian Lentil & Veggie Coconut Dhal

with Herby Flatbreads

Grab your meal kit with this number

40



Onion



Red Lentils



Carrot



Ginger Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Coconut Milk



Tomato Paste



Vegetable Stock Powder



Baby Leaves



Coriander



Mini Flour Tortillas



Greek-Style Yoghurt



Chicken Breast



Chicken Breast Strips

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

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.

### Pantry items

Olive Oil

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

*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
<b>olive oil*</b>	refer to method	refer to method
onion	½	1
red lentils	1 packet	2 packets
carrot	1	2
ginger paste	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	2 medium sachets
mild North Indian spice blend	1 medium sachet	1 large sachet
<b>water*</b>	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
baby leaves	1 medium packet	1 large packet
coriander	1 packet	1 packet
mini flour tortillas	6	12
Greek-style yoghurt	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2902kJ (694Cal)	600kJ (143Cal)
Protein (g)	30.4g	6.3g
Fat, total (g)	30.3g	6.3g
- saturated (g)	20g	4.1g
Carbohydrate (g)	98.1g	20.3g
- sugars (g)	18.6g	3.8g
Sodium (mg)	1807mg	374mg
Dietary Fibre (g)	19.1g	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

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

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.

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 lentils are soft, **20-22 minutes**.
- Add **baby leaves** and stir until wilted, **1 minute**.

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

4



## Make the herb oil

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

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**.

6



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



### CUSTOM OPTIONS

#### + ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

#### + ADD CHICKEN BREAST STRIPS

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

