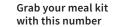


# Indian Pumpkin Coconut Dhal with Garlic Flatbreads & Coriander

CLIMATE SUPERSTAR













**Red Lentils** 





Tomato Paste

Mumbai Spice Blend





Indian Spice Blend

Coconut Milk







Vegetable Stock Powder

Peeled Pumpkin Pieces



Garlic



Flatbreads

Coriander





**Pantry items** Olive Oil



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



## 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

Large saucepan with a lid · Medium frying pan

## Ingredients

ingi edients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
onion	1/2	1	
celery	1 stalk	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	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2967kJ (709Cal)	539kJ (129Cal)
Protein (g)	29.5g	5.4g
Fat, total (g)	29.1g	5.3g
- saturated (g)	16.7g	3g
Carbohydrate (g)	107.3g	19.5g
- sugars (g)	20.5g	3.7g
Sodium (mg)	2144mg	390mg
Dietary Fibre (g)	14.3g	2.6g

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.



## 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.



## 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 lentils are soft, 20-22 minutes.

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



## Make the garlic oil

- Meanwhile, finely chop garlic.
- In a small bowl, combine garlic and olive oil (2 tbs for 2 people / 1/4 cup for 4 people), then season.



## Cook 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.



## Serve up

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



We're here to help!