



# Indian Pumpkin Coconut Dhal

with Garlic Flatbreads & Coriander

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



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



Chicken Breast



Chicken Thigh

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

Plant Based

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

Large 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
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
<b>water*</b>	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

\*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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



## 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.



## 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.



## 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.



## Serve up

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

## CUSTOM OPTIONS

### + ADD CHICKEN BREAST

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

### ➡ ADD CHICKEN THIGH

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.

