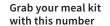


# Indian Lentil & Veggie Coconut Dhal

with Herby Flatbreads

CLIMATE SUPERSTAR









**Red Lentils** 





**Ginger Paste** 



Carrot



Mumbai Spice

Mild North Indian Spice Blend





Coconut Milk

Tomato Paste





Vegetable Stock Powder

**Baby Leaves** 





Tortillas

Coriander



Greek-Style Yoghurt





**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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
onion	1/2	1	
red lentils	1 packet	2 packets	
carrot	1	2	
ginger paste	1 medium packet	1 large packet	
Mumbai spice blend	1 sachet	2 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	
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	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2814kJ (672Cal)	586kJ (140Cal)
Protein (g)	29.8g	6.2g
Fat, total (g)	29.9g	6.2g
- saturated (g)	19.7g	4.1g
Carbohydrate (g)	95.3g	19.9g
- sugars (g)	18.8g	3.9g
Sodium (mg)	3287mg	685mg
Dietary Fibre (g)	17.1g	3.6g

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).
- Rinse red lentils.
- · Cut carrot into bite-sized chunks.



## Start the dhal

- In a medium saucepan, heat a drizzle of olive oil over medium-high heat. Cook onion, stirring, 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.



## 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.



## 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 / ½ cup for 4 people), then season to taste.



# 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.



# Serve up

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





We're here to help!