

Creamy Coconut Dhal & Chilli Flatbreads with Yoghurt

Grab your Meal Kit with this symbol

















Red Lentils





Brown Mustard Seeds

Bengal Curry Paste







Tomato Paste

Turmeric





Coconut Milk

Carrot







Tomato

Chilli Flakes (Optional)





Mini Flour Tortillas



Baby Spinach





Coriander

Pantry items Olive Oil, Butter



Dhal is always wholesome and delicious, but this version raises the bar with a creamy coconut base, mild spices and multiple veggies to keep things interesting. Plus, you'll quickly become addicted to the spicy flatbreads for dipping – they're easy to prepare and make this meal extra special!

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan with a lid · Medium frying pan

Ingredients

ingredients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1 (medium)	1 (large)	
ginger	1 knob	2 knobs	
garlic	2 cloves	4 cloves	
red lentils	1 packet	2 packets	
butter*	20g	40g	
brown mustard seeds	1 sachet	2 sachets	
Bengal curry paste	½ sachet (50g)	1 sachet (100g)	
tomato paste	1 packet	2 packets	
turmeric	1 sachet	2 sachets	
water*	2 cups	4 cups	
salt*	½ tsp	1 tsp	
coconut milk	1 tin (165ml)	1 tin (400ml)	
carrot	1	2	
tomato	1	2	
chilli flakes (optional)	pinch	pinch	
mini flour tortillas	4	8	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
coriander	1 bunch	1 bunch	
yoghurt	1 packet	1 packet	

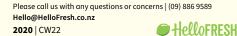
^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3560kJ (849Cal)	552kJ (132Cal)
Protein (g)	32.5g	5.1g
Fat, total (g)	35.3g	5.5g
- saturated (g)	17.9g	2.8g
Carbohydrate (g)	90.0g	14.0g
- sugars (g)	18.8g	2.9g
Sodium (g)	1730mg	269mg

Allergens

Please visit HelloFresh.co.nz/recipes for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.





1. Get prepped

Finely chop the **brown onion**. Finely grate the **ginger** and **garlic** (or use a garlic press). Rinse the **red lentils**.



2. Start the dhal

In a large saucepan, melt the **butter** with a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **3-4 minutes**. Add the **ginger** and **garlic** and cook until fragrant, **1 minute**. Add a **drizzle** more **olive oil**, then add the **brown mustard seeds**, **Bengal curry paste** (see ingredients list), tomato paste and **turmeric**. Cook, stirring, until fragrant, **2 minutes**.



3. Simmer the dhal

Add the water, the salt, red lentils and coconut milk to the pan. Stir well to combine. Cover with a lid, reduce the heat to medium and cook until the lentils have softened, 20-25 minutes. While the dhal is simmering, grate the carrot (unpeeled). Roughly chop the tomato. In the last 10 minutes of cook time, remove the lid and stir through the carrot and tomato. Cook until the veggies have softened.

TIP: Add a splash of water if the dhal looks dry.



4. Make the chilli flatbreads

Heat olive oil (2 1/2 tbs for 2 people / 1/3 cup for 4 people) in a medium frying pan over a mediumhigh heat. Add a pinch of chilli flakes (if using) to the oil and cook until fragrant, 1 minute. Pour the chilli oil into a small bowl. Brush (or spread using the back of a spoon) some chilli oil over both sides of a mini flour tortilla. Return the pan to a medium-high heat, then add the tortilla. Cook until golden, 1 minute each side. Transfer to a plate lined with paper towel and repeat with the remaining tortillas (see ingredients list).



5. Finish the dhal

When the dhal has finished cooking, stir through the **baby spinach leaves** until just wilted and season to taste with **salt** and **pepper**. Roughly chop the **coriander**.



6. Serve up

Divide the creamy coconut dhal between bowls. Top with a dollop of **yoghurt** and garnish with coriander. Serve with the chilli flatbreads.

Enjoy!