



Creamy Coconut Dhal & Chilli Flatbreads

with Yoghurt

Grab your Meal Kit with this symbol



Brown Onion



Ginger



Garlic



Red Lentils



Brown Mustard Seeds



Bengal Curry Paste



Tomato Paste



Turmeric



Coconut Milk



Carrot



Tomato



Chilli Flakes (Optional)



Mini Flour Tortillas



Baby Spinach Leaves



Coriander



Yoghurt

Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
 Spicy (optional chilli flakes)

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!

Pantry items
 Olive Oil, Butter

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

	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](https://www.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**.



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 medium-high 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).



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**.



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**.



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.



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!