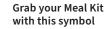


# Creamy Coconut & Lentil Dhal with Chilli Flatbreads & Yoghurt









**Brown Onion** 



Ginger







Brown Mustard





Tomato Paste



Coconut Milk



Carrot



Green Beans



Chilli Flakes (Optional)





**Baby Spinach** Leaves



Tortillas

Coriander



Greek-Style Yoghurt

**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 or deep frying pan with a lid  $\cdot$  Medium frying pan

## Ingredients

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	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	1 sachet	
Bengal curry paste	1 packet	2 packets	
tomato paste	1 packet	2 packets	
water*	2 cups	4 cups	
salt*	½ tsp	1 tsp	
coconut milk	1 tin (165 ml)	1 tin (400ml)	
carrot	1	2	
green beans	1 bag (100g)	1 bag (200g)	
chilli flakes (optional)	pinch	pinch	
mini flour tortillas	4	8	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
coriander	1 bag	1 bag	
Greek-style yoghurt	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3675kJ (878Cal)	648kJ (154Cal)
Protein (g)	31g	5.5g
Fat, total (g)	41.4g	7.3g
- saturated (g)	22.2g	3.9g
Carbohydrate (g)	88.2g	15.5g
- sugars (g)	17.9g	3.2g
Sodium (mg)	2955mg	521mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact 2021 | CW37



## Get prepped

Finely chop the **brown onion**. Finely grate the **ginger** and **garlic**. Rinse the **red lentils**.



### Start the dhal

In a large saucepan or deep frying pan, heat the **butter** and a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, 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** and **tomato paste** and cook, stirring, until fragrant, **2 minutes**.



## 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 lentils are cooking, grate the carrot. Trim and halve the green beans. In the last 5 minutes of cook time, remove the lid and stir through the carrot and green beans. Cook until softened.

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



## Make the chilli flatbreads

While the dhal is cooking, 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) and cook until fragrant, **1 minute**. Transfer the **chilli oil** to 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 frying pan to a medium-high heat, then cook the **tortilla** until golden, **1 minute** each side. Transfer to a plate lined with paper towel. Repeat with the remaining **chilli oil** and **tortillas** (see ingredients).



## Finish the dhal

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



## Serve up

Divide the creamy coconut and lentil dhal between bowls. Top with the **Greek-style yoghurt** and garnish with the coriander. Serve with the chilli flathreads.

Enjoy!