

# Indian Pumpkin & Coconut Dhal

with Coriander Flatbreads

Grab your Meal Kit with this symbol



Brown Onion



Red Lentils



Courgette



Ginger Paste



Mild North Indian Spice Blend



Coconut Cream



Tomato Paste



Vegetable Stock Powder



Peeled & Chopped Pumpkin



Coriander



Mini Flour Tortillas






Long Green Chilli (Optional)



Greek-Style Yoghurt

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced baby spinach with courgette, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Dhal is the ultimate bowl of goodness – rich in protein, a good source of fibre and full of aromatic flavours. The coconut cream balances the spices to create a meal that's both delectable and nourishing.

### Pantry items

Olive Oil

## 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

Medium 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)
red lentils	1 packet	2 packets
courgette	1	2
ginger paste	1 medium packet	1 large packet
mild North Indian spice blend	1 sachet	1 sachet
water*	2 cups	4 cups
coconut cream	1 box (200ml)	1 box (400ml)
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
coriander	1 bag	1 bag
mini flour tortillas	6	12
long green chilli (optional)	½	1
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3842kJ (918Cal)	726kJ (173Cal)
Protein (g)	32.6g	6.2g
Fat, total (g)	41.4g	7.8g
- saturated (g)	29.4g	5.6g
Carbohydrate (g)	100.2g	18.9g
- sugars (g)	22.2g	4.2g
Sodium (mg)	1556mg	294mg

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.



## Get prepped

Finely chop the **brown onion**. Rinse the **red lentils**. Cut the **courgette** into small chunks.



## Start the dhal

In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** until softened, **4-5 minutes**. Add the **ginger paste** and **mild North Indian spice blend** and cook, stirring, until fragrant, **1 minute**. Add the **water**, **coconut cream**, **tomato paste** and **vegetable stock powder**. Stir to combine.



## Simmer the dhal

Add the **peeled & chopped pumpkin** and **lentils** to the saucepan, then season with **salt** and **pepper**. Bring to the boil, then reduce the heat to a simmer. Cover with a lid and cook until the lentils have softened, **24-28 minutes**. When the lentils have **10 minutes** cook time remaining, stir through the **courgette**, then cover and simmer until tender. Season to taste.

**TIP:** If the dhal is looking a little dry, just add a splash of water.



## Make the coriander oil

While the dhal is simmering, finely chop the **coriander**. In a small bowl, combine the **coriander** and **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people), then season.



## Make the coriander 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 a medium-high heat, then add the **tortilla**. Cook until golden, **1-2 minutes** each side. Transfer to a plate lined with paper towel and repeat with the remaining **tortillas** and **coriander oil**.



## Serve up

Thinly slice the **long green chilli** (if using). Tear the coriander flatbreads in half. Divide the Indian pumpkin and coconut dhal between bowls. Top with the **Greek-style yoghurt** and sprinkle with the chilli. Serve with the coriander flatbreads.

## Enjoy!