HELLO FRESH

One-Pot Chicken & Silverbeet Dhal
with Yoghurt

Carrot

Celery

Silverbeet

Red Lentils

Chicken Breast

Mild North Indian Spice Blend

Tomato Paste

Coconut Milk

Chicken-Style Stock Powder

Greek-Style Yoghurt

Chicken Breast

Prep in: **20-30** mins
Ready in: **35-45** mins

🗓 **Eat Me Early**

A no-fuss dhal sounds perfect right about now, so let's whip one up in no time at all. You only need one pot and a whole lot of deliciousness - don't worry, we have you covered. Add in red lentils, spiced chicken and veggies in a creamy tomato curry sauce and there you go. Dinner is served!

CUSTOM RECIPE **If you chose to swap, upgrade or add protein, follow the custom recipe steps.**

Pantry items

Olive Oil, Butter

A

Before you start

Wash your hands and any fresh food

You will need

Large saucepan with a lid

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
silverbeet	1 bag	1 bag
red lentils	1 packet	2 packets
chicken breast	1 packet	1 packet
mild North Indian spice blend	1 large sachet	2 large sachets
tomato paste	1 packet	2 packets
*boiling water**	1 cup	2 cups
coconut milk	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
*butter**	30g	60g
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

***Pantry Items** ***Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2937kJ (702Cal)	512kJ (122Cal)
Protein (g)	56.1g	9.8g
Fat, total (g)	38.6g	6.7g
- saturated (g)	25.8g	4.5g
Carbohydrate (g)	62.5g	10.9g
- sugars (g)	17.8g	3.1g
Sodium (mg)	1736mg	303mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3696kJ (883Cal)	504kJ (120Cal)
Protein (g)	88.6g	12.1g
Fat, total (g)	44.3g	6g
- saturated (g)	27.5g	3.7g
Carbohydrate (g)	62.5g	8.5g
- sugars (g)	17.8g	2.4g
Sodium (mg)	1834mg	250mg

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.

1

Get prepped

- Boil the kettle. Slice **carrot** into half-moons. Thinly slice **celery**. Roughly chop **silverbeet**. Rinse **red lentils**.
- Cut **chicken breast** into 2cm chunks.

Custom Recipe: If you've doubled your chicken breast, prep as above.

2

Start the dhal

- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a bowl.
- Return the saucepan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **celery** until tender, **3-4 minutes**.
- Add **mild North Indian spice blend** and **tomato paste** and cook, tossing, until fragrant, **1 minute**.
- Add the **boiling water** (1 cup for 2 people / 2 cups for 4 people), **coconut milk**, **chicken-style stock powder** and **lentils**. Stir to combine.

Custom Recipe: Cook chicken in batches for the best results!

3

Cook the dhal

- Bring to a simmer, then cover with a lid and cook, stirring occasionally, until the lentils are soft, **20-22 minutes**.
- In the last **5 minutes**, stir through **silverbeet** and cook until wilted.
- When dhal is cooked, stir through **chicken** and the **butter** (plus any chicken resting juices). Season to taste.

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

4

Serve up

- Divide one-pot chicken and silverbeet dhal between bowls.
- Dollop with **Greek-style yoghurt** to serve. Enjoy!