



Indian Pumpkin & Coconut Dhal

with Coriander Flatbreads



Grab your Meal Kit with this symbol



Brown Onion



Tomato



Ginger



Red Lentils



Mild North Indian Spice Blend



Coconut Cream



Vegetable Stock



Peeled & Chopped Pumpkin



Baby Spinach Leaves



Coriander



Mini Flour Tortillas



Long Green Chilli (Optional)



Yoghurt

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)
tomato	1	2
ginger	1 knob	2 knobs
red lentils	1 packet	2 packets
mild North Indian spice blend	1 sachet	2 sachets
water*	2 cups	4 cups
coconut cream	1 packet (200ml)	1 packet (400ml)
vegetable stock	1 sachet	1 sachet
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
coriander	1 bunch	1 bunch
mini flour tortillas	4	8
long green chilli (optional)	½	1
yoghurt	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4100kJ (980Cal)	711kJ (170Cal)
Protein (g)	35.4g	6.1g
Fat, total (g)	42.0g	7.3g
- saturated (g)	29.2g	5.1g
Carbohydrate (g)	108g	18.6g
- sugars (g)	23.8g	4.1g
Sodium (g)	1150mg	200mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.co.nz/foodinfo](https://www.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

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **brown onion**. Roughly chop the **tomato**. Finely grate the **ginger**. Rinse the **red lentils**.



4. Make the coriander oil

While the dhal is simmering, finely chop the **coriander**. In a small bowl, combine the **coriander**, **olive oil (2 tbs for 2 people / 4 tbs for 4 people)** and a **pinch of salt and pepper**.



2. Start the dhal

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



5. 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 and 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)** and **coriander oil**. Thinly slice the **long green chilli (see ingredients list)**, if using.



3. Simmer the dhal

Add the **peeled & chopped pumpkin, tomato, red lentils** and a **pinch of salt and pepper** to the saucepan. Bring to the boil, then reduce the heat to a simmer. Cover with a lid and cook until the **lentils** are softened, **24-28 minutes**. Stir through the **baby spinach leaves** until wilted, **1 minute**. Season to taste with **salt and pepper**.

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



6. Serve up

Tear the coriander flatbreads in half. Divide the Indian pumpkin and coconut dhal between bowls. Sprinkle with the chilli (if using). Serve with the coriander flatbreads and **yoghurt**.

Enjoy!