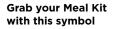


# **Indian Pumpkin & Coconut Dhal**

with Coriander Flatbreads









**Brown Onion** 









**Red Lentils** 

Ginger



Mild North Indian



Spice Blend



Vegetable Stock



Peeled & Chopped Pumpkin



Baby Spinach Leaves



Coriander



Mini Flour Tortillas



Long Green Chilli (Optional)



Yoghurt

**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

<b></b>		
	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)	1/2	1
yoghurt	1 packet	1 packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	4100kJ (980Cal)	<b>711kJ</b> (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 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.



### 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.



## 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.



## 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.



# **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.



# 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!**