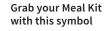


Bengali Coconut Lentil & Veggie Dhal with Chilli Tortillas & Yoghurt

CUSTOMER FAVOURITE

DIWALI

CLIMATE SUPERSTAR















Red Lentils







Tomato Paste



Brown Mustard



Seeds



Carrot



Tomato



Chilli Flakes (Optional)





Baby Spinach Leaves



Tortillas

Greek-Style Yoghurt



Mint



Prep in: 30-40 mins Ready in: 40-50 mins



This Diwali, gather your family around for a celebration of lights, goodness and great food. Dhal is always delicious but this version raises the bar, with a creamy coconut base, mild spices and loads of veggies to keep things interesting.



Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan 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	2	
garlic	2 cloves	4 cloves	
red lentils	1 medium packet	2 medium packets	
butter*	20g	40g	
ginger paste	1 medium packet	1 large packet	
Bengal curry paste	1 packet	2 packets	
tomato paste	1 packet	2 packets	
brown mustard seeds	1 sachet	2 sachets	
water*	1 ⅔ cups	3 ⅓ cups	
salt*	1/4 tsp	½ tsp	
coconut milk	1 packet	2 packets	
carrot	1	2	
tomato	1	2	
chilli flakes ∮ (optional)	pinch	pinch	
mini flour tortillas	6	12	
baby spinach leaves	1 small bag	1 medium bag	
Greek-style yoghurt	1 medium packet	1 large packet	
mint	1 bag	1 bag	
chicken breast**	1 small packet	2 small packets OR 1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3684kJ (880Cal)	632kJ (151Cal)
Protein (g)	33.1g	5.7g
Fat, total (g)	39.1g	6.7g
- saturated (g)	23.7g	4.1g
Carbohydrate (g)	89.7g	15.4g
- sugars (g)	25.7g	4.4g
Sodium (mg)	2093mg	359mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4437kJ (1060Cal)	593kJ (142Cal)
Protein (g)	67.1g	9g
Fat, total (g)	43.8g	5.9g
- saturated (g)	25.1g	3.4g
Carbohydrate (g)	89.7g	12g
- sugars (g)	25.7g	3.4g
Sodium (mg)	2177mg	291mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Finely chop brown onion and garlic.
- Rinse red lentils.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



Start the dhal

- In a large saucepan, heat the butter and a drizzle of olive oil over medium-high heat. Cook onion, stirring, until softened, 3-4 minutes.
- Add ginger paste and garlic and cook until fragrant, 1 minute.
- Add a drizzle more oil, then add Bengal curry paste, tomato paste and brown mustard seeds. Cook, stirring, until fragrant, 2 minutes.

Custom Recipe: Cook chicken with the onion, stirring, until browned, 3-4 minutes. Continue as above.



Simmer the dhal

- Add the water, the salt, lentils and coconut milk. Stir well to combine. Cover with a lid, then reduce heat to medium and simmer, stirring occasionally, until the lentils are softened, 20-25 minutes.
- Meanwhile, grate carrot. Roughly chop tomato.
- When the dhal has 10 minutes remaining, remove the lid and stir through carrot and tomato. Continue cooking until the lentils and veggies are softened.

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

Custom Recipe: Chicken is cooked through when it's no longer pink inside.



Make the chilli flatbreads

- Heat some olive oil (2 tbs for 2 people / ¼ cup for 4 people) in a medium frying pan over medium-high heat. Add a pinch of chilli flakes (if using) and a pinch of salt and cook until fragrant, 1 minute. Transfer chilli oil to a small bowl.
- Brush some chilli oil over both sides of each mini flour tortilla.
- Return pan to a medium-high heat. Cook tortillas, until golden, 1 minute each side.
- Transfer to a plate lined with paper towel.
 Repeat with the remaining tortillas.



Finish the dhal

 When the dhal is ready, stir through baby spinach leaves until just wilted, 1 minute.
 Season to taste.



Serve up

- Divide the coconut lentil dhal between bowls.
- Top with Greek-style yoghurt and tear over mint.
- Serve with chilli flatbreads. Enjoy!

