

Bengali Coconut Lentil & Veggie Dhal

with Chilli Tortillas & Yoghurt

CUSTOMER FAVOURITE

DIWALI

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Red Lentils



Ginger Paste



Bengal Curry Paste



Tomato Paste



Brown Mustard Seeds



Coconut Milk



Carrot



Tomato



Chilli Flakes (Optional)



Mini Flour Tortillas



Baby Spinach Leaves



Greek-Style Yoghurt



Mint



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

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.

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

Pantry items

Olive Oil, Butter

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 · Medium frying pan

Ingredients

| | 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 ½ cups | 3 ½ cups |
| salt* | ¼ 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!

Were here to help!

Scan here if you have any questions or concerns

2023 | CW46

