

Indian Veggie-Loaded Coconut Dhal

with Garlic Dippers & Tamarind Chutney

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Zucchini



Brown Onion



Garlic



Red Lentils



Mild North Indian Spice Blend



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Baby Spinach Leaves



Flatbread



Greek-Style Yoghurt



Tamarind Chutney



Chicken Breast



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 25-35 mins

This creamy Indian dish gets a wholesome boost from lentils, which are a great source of protein and fibre. Best of all, they give extra texture, which makes the perfect base for crispy garlic dippers to do some serious dunking.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Two lined oven trays with baking paper · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
red lentils	1 medium packet	2 medium packets
mild North Indian spice blend	1 medium sachet	1 large sachet
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	2 medium packets
water*	2 cups	4 cups
coconut milk	1 packet	2 packets
baby spinach leaves	1 small packet	1 medium packet
flatbread	4	8
Greek-style yoghurt	1 medium packet	1 large packet
tamarind chutney	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3459kJ (827cal)	306kJ (73cal)
Protein (g)	30.6g	2.7g
Fat, total (g)	31.4g	2.8g
- saturated (g)	18.6g	1.6g
Carbohydrate (g)	99.5g	8.8g
- sugars (g)	31.5g	2.8g
Sodium (mg)	1316mg	116.6mg
Dietary Fibre (g)	19.1g	1.7g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **zucchini** into small chunks.
- Finely chop **brown onion** and **garlic**.
- Rinse **red lentils**.
- Place **zucchini** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **15-20 minutes**.

3



Bake the dippers

- In a small bowl, combine **garlic** and a good drizzle of **olive oil**. Season with **salt** and **pepper**.
- When the dhal has **10 minutes** remaining, slice **flatbreads** into 3cm strips.
- Place **flatbread strips** in a single layer on a second lined oven tray and brush with the **garlic oil**. Bake until warmed through, **4-7 minutes**.

CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. Stir through dhal with zucchini and spinach.



ADD CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. Stir through dhal with zucchini and spinach.

2



Start the dhal

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring until softened, **4-5 minutes**. Add **mild North Indian spice blend**, **Mumbai spice blend** and **tomato paste** and cook, stirring until fragrant, **1 minute**. Add the **water** and **coconut milk**. Stir to combine.
- Add **lentils** to the saucepan. Bring to the boil, then reduce heat to a simmer. Cover with a lid and cook, stirring occasionally, until the lentils have softened, **24-28 minutes**.
- Stir through **roasted zucchini** and **baby spinach leaves** until warmed, **1 minute** (if the dhal is looking a little dry, add a splash of water!). Season to taste with **salt** and **pepper**.

4



Serve up

- Divide Indian veggie-loaded coconut dhal between bowls.
- Top with **Greek-style yoghurt** and **tamarind chutney**.
- Serve with garlic dippers. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

