

Easy Indian Veggie Coconut Dhal with Garlic Dippers & Tamarind Chutney

CLIMATE SUPERSTAR







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.

Tamarind Chutney

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 oven trays lined with baking $\mathsf{paper}\cdot\mathsf{Large}$ saucepan with a lid

Ingredients

<u> </u>		
	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
Bengal curry paste	1 packet	2 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
coriander	1 packet	1 packet
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* Pantry Items

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3535kJ (844Cal)	609kJ (145Cal)
Protein (g)	33.3g	5.7g
Fat, total (g)	33.7g	5.8g
- saturated (g)	18.7g	3.2g
Carbohydrate (g)	99.8g	17.2g
- sugars (g)	30.3g	5.2g
Sodium (mg)	1898mg	327mg
Dietary Fibre (g)	26.6g	4.6g

The quantities provided above are averages only.

Allergens

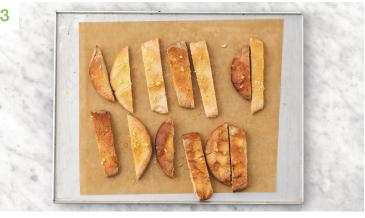
Always read product labels for the most up-to-date allergen information. Visit **hellofresh.com.au/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help! Scan here if you have any questions or concerns 2025 | CW07



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**.



Bake the dippers

CUSTOM

OPTIONS

- 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**.

TIP: If your tray is crowded, divide the flatbreads between two trays.

ADD CHICKEN BREAST

 Cut into bite-sized pieces. Before starting the dhal, cook chicken until cooked through, 4-6 minutes. Continue with recipe.

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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 Bengal curry paste and cook, stirring until fragrant, 1-2 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, **20-22 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.



Finish & serve

- Divide Indian veggie coconut dhal between bowls.
- Top with Greek-style yoghurt and tamarind chutney.
- Serve with garlic dippers.
- Tear over coriander to serve. Enjoy!

Cut into bite-sized pieces. Before starting the dhal, cook chicken until cooked through, 4-6 minutes. Continue with recipe. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

