

Easy Indian Veggie Coconut Dhal

with Garlic Dippers & Tamarind Chutney

CLIMATE SUPERSTAR

Grab your meal kit
with this number

9



Zucchini



Brown Onion



Garlic



Red Lentils



Bengal Curry
Paste



Coconut Milk



Baby Spinach
Leaves



Flatbread



Greek-Style
Yoghurt



Tamarind Chutney



Coriander



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 oven trays lined 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
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

*Pantry Items

Nutrition

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.

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**.

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

CUSTOM OPTIONS



ADD CHICKEN BREAST

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



ADD CHICKEN TENDERLOINS

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

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 **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**.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW07



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

