Coconut Carrot Dahl

with Warm Chapati Wraps

Hello FRESH

Make your own dahl

Red Lentils	Red Onion
Carrot	Ginger
Garlic	Long Red Chilli (Optional)
Coriander	Silverbeet
Vegetable Stock	Coconut Milk
Mild Curry Powder	Chapati Wraps
Zucchini	

Pantry Staples

Olive Oil	Water

Hands-on: 25 mins
Ready in: 35 mins
Spicy (optional long red chilli)

V3

If ever there was a dish that felt like a big hug, this is it. From silky lentils to a warmed chapati wrap, this dish is the culinary equivalent of being tucked in bed with a good book. Enjoy!
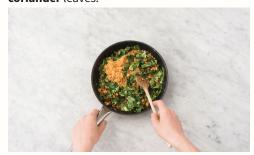
Our fruit and veggies need a **little wash** before you use them!! You will need: **sieve**, **chef's knife**, **chopping board**, **medium saucepan** with a **lid**, **wooden spoon**, **medium frying pan** and **paper towel**.

	2P	4P
*olive oil**	refer to method	refer to method
red lentils	1 packet (½ cup)	2 packets (1 cup)
red onion	1	2
carrot	1	2
zucchini	1	2
ginger ⏱	1 knob	2 knobs
garlic ⏱	1 clove	2 cloves
long red chilli ⏱ (optional)	½	1
silverbeet	1 bunch	2 bunches
coriander ⏱	1 bunch	2 bunches
*water**	1 ½ cups	3 cups
vegetable stock	1 cube	2 cubes
coconut milk	½ cup	1 cup
mild curry powder	⅔ sachet (1 tbs)	1 ⅓ sachet (2 tbs)
chapati wraps	2	4

***Pantry Items* | ⏱ **This ingredient can be found in your herb bag**

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2480kJ (592Cal)	403kJ (96Cal)
Protein (g)	24.8g	4.0g
Fat, total (g)	20.7g	3.4g
- saturated (g)	7.5g	1.2g
Carbohydrate (g)	68.8g	11.2g
- sugars (g)	13.2g	2.2g
Sodium (g)	950mg	155mg

1 GET PREPPED
Rinse the **red lentils** well. Finely chop the **red onion**. Finely chop the **carrot** (unpeeled) and the **zucchini**. Peel and finely chop the **ginger**. Finely chop the **garlic**. Deseed and finely chop the **long red chilli (if using)**.

💡 **TIP:** Make sure you remove the seeds and white pith when deseeding the chilli. The pith is actually the hottest part! If you like heat, leave it in for an extra kick. Roughly chop the **silverbeet** leaves. Roughly chop the **coriander** leaves.

2 COOK THE LENTILS
Add the **water (check the ingredients list for the amount)** to a medium saucepan, crumble in the **vegetable stock** cube and bring to the boil over a high heat. Add the **red lentils**, reduce the heat to low and simmer, stirring occasionally, for **15 minutes**, or until the red lentils have softened. Add the **coconut milk** (reserving **1 tbs for 2 people/ 2 tbs for 4 people**) and cook for a further **5 minutes**. Remove from the heat and cover with a lid to keep warm.

3 COOK THE VEGGIES
Heat a **drizzle** of **olive oil** in a medium frying pan over a medium heat. Add the **red onion**, the **carrot** and the **zucchini** and cook for **5 minutes**, or until softened. Add the **ginger**, **garlic** and **long red chilli (if using)** and cook for **2 minutes**, or until fragrant.

💡 **TIP:** Add more chilli if you like it hot! Add the **mild curry powder** and cook for **1 minute**, or until fragrant. Add the **silverbeet** and cook for **1-2 minutes**, or until wilted.

4 MIX EVERYTHING TOGETHER
Add the **red lentils** to the frying pan with the **silverbeet mixture** and stir through. Season to taste with a **pinch** of **salt**. Divide the coconut carrot dahl between bowls. Wipe out the pan with paper towel.

5 HEAT THE CHAPATIS
Place the frying pan back on a medium-high heat and heat the **chapati wraps** for **1-2 minutes** on each side, or until golden.

6 SERVE UP
Drizzle the coconut carrot dahl with the reserved coconut milk and sprinkle over the coriander. Serve with the warm chapatis on the side.

Enjoy