



# CREAMY COCONUT DHAL & CHILLI FLATBREAD

with Greek Yoghurt



Fry tortillas in chilli oil for a spicy twist!



Brown Onion



Ginger



Garlic



Red Lentils



Brown Mustard Seeds



Bengal Curry Paste



Tomato Paste



Turmeric



Coconut Milk



Zucchini



Tomato



Chilli Flakes (Optional)



Mini Flour Tortillas



Baby Spinach Leaves



Mint



Greek Yoghurt

Hands-on: **30-40** mins  
Ready in: **40-50** mins  
Spicy (optional chilli flakes)

Dhal is always wholesome and delicious, but this version raises the bar with a creamy coconut base, mild spices and multiple veggies to keep things interesting. Plus, you'll quickly become addicted to the spicy flatbreads for dipping – they're easy to prepare and make this meal extra special!

**Pantry Staples:** Olive Oil, Butter

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large saucepan** with a **lid**
- **medium frying pan**



### 1 GET PREPPED

Finely chop the **brown onion**. Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Rinse the **red lentils**.



### 2 START THE DHAL

In a large saucepan, heat the **butter** and a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **3-4 minutes**. Add the **ginger** and **garlic** and cook until fragrant, **1 minute**. Add a **drizzle more olive oil** and add the **brown mustard seeds**, **Bengal curry paste** (see **ingredients list**), **tomato paste** and **turmeric**. Cook, stirring, until fragrant, **2 minutes**.



### 3 SIMMER THE DHAL

Add the **water**, the **salt**, **red lentils** and **coconut milk** to the pan. Stir well, cover with a lid and reduce the heat to medium. Cook until the lentils have softened, **20-25 minutes**. Grate the **zucchini**. Roughly chop the **tomato**. In the last **10 minutes** of cook time, remove the lid and stir through the **zucchini** and **tomato**. Cook until the veggies have softened. **TIP:** Add a little water if the dhal looks dry.



### 4 MAKE THE CHILLI FLATBREADS

When you've added the veggies to the dhal, heat **olive oil (2 tbs for 2 people / 4 tbs for 4 people)** in a medium frying pan over a medium-high heat. Add a **pinch of chilli flakes** (if using) to the oil and cook until fragrant, **1 minute**. Transfer the **chilli-infused oil** to a small bowl. Brush (or spread using the back of a spoon) some **chilli oil** over both sides of a **mini flour tortilla**. Return the pan to a medium-high heat and add the tortilla. Cook until golden, **1 minute** each side. Transfer to a plate lined with paper towel and repeat with the **remaining tortillas** (see **ingredients list**).



### 5 FINISH THE DHAL

When the dhal has finished cooking, stir through the **baby spinach leaves** until just wilted and season to taste with **salt** and **pepper**. Pick and roughly chop the **mint** leaves.



### 6 SERVE UP

Divide the creamy coconut dhal between bowls, top with a dollop of **Greek yoghurt** and sprinkle with mint. Serve with the chilli flatbreads.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
red lentils	1 packet	2 packets
butter*	20g	40g
brown mustard seeds	1 sachet	2 sachets
Bengal curry paste	½ sachet (50g)	1 sachet (100g)
tomato paste	1 sachet	2 sachets
turmeric	1 sachet	2 sachets
water*	1½ cups	3½ cups
salt*	½ tsp	1 tsp
coconut milk	1 box (200ml)	2 boxes (400ml)
zucchini	1	2
tomato	1	2
chilli flakes (optional)	pinch	pinch
mini flour tortillas	4	8
baby spinach leaves	1 bag (30g)	1 bag (60g)
mint	1 bunch	1 bunch
Greek yoghurt	1 packet (100g)	2 packets (200g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3660kJ (873Cal)	559kJ (133Cal)
Protein (g)	32.6g	5.0g
Fat, total (g)	38.3g	5.9g
- saturated (g)	20.0g	3.1g
Carbohydrate (g)	88.7g	13.6g
- sugars (g)	17.9g	2.7g
Sodium (g)	1670mg	255mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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