








# Creamy Coconut Dhal & Chilli Flatbread

with Greek Yoghurt

Grab your Meal Kit with this symbol



-  Brown Onion
-  Ginger
-  Garlic
-  Red Lentils
-  Bengal Curry Paste
-  Tomato Paste
-  Turmeric
-  Coconut Milk
-  Carrot
-  Tomato
-  Chilli Flakes (Optional)
-  Mini Flour Tortillas
-  Baby Spinach Leaves
-  Mint
-  Greek-Style 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 create and make this meal extraordinary!

### Pantry items

Olive Oil, Butter



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large saucepan with lid · Medium frying pan

## Ingredients

	2 People	4 People
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
Bengal curry paste	1 packet (100g)	2 packets (200g)
tomato paste	1 sachet	2 sachets
turmeric	1 sachet	2 sachets
water*	1½ cups	3½ cups
salt*	¼ tsp	½ tsp
coconut milk	1 tin (165ml)	1 tin (400ml)
carrot	1	2
tomato	1	2
chilli flakes (optional)	pinch	pinch
mini flour tortillas	6	12
baby spinach leaves	1 bag (30g)	1 bag (60g)
mint	1 bunch	1 bunch
Greek-style yoghurt	1 packet (100g)	1 packet (200g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3973kJ (949Cal)	623kJ (148Cal)
Protein (g)	31.3g	4.9g
Fat, total (g)	42.6g	6.7g
- saturated (g)	19g	3g
Carbohydrate (g)	95g	14.9g
- sugars (g)	28.1g	4.4g
Sodium (mg)	2218mg	348mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Get prepped

Finely chop the **brown onion**. Finely grate the **ginger**. Finely grate the **garlic**. Rinse the **red lentils**.



## 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) and **salt** 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).



## 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 **Bengal curry paste**, **tomato paste** and **turmeric**. Cook, stirring, until fragrant, **2 minutes**.



## Finish the dhal

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



## Simmer the dhal

Add the **water**, the **salt**, **red lentils** and **coconut milk** to the pan. Stir to combine well. Cover with a lid, reduce the heat to medium and cook until the lentils have softened, **20-25 minutes**. Grate the **carrot** (unpeeled). Roughly chop the **tomato**. In the last **10 minutes** of cook time, remove the lid and stir through the **carrot** and **tomato**. Continue cooking until the lentils and veggies have softened.

**TIP:** Add a splash of water if the dhal looks dry.



## Serve up

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

## Enjoy!