



SWEET POTATO & SPINACH DHAL

with Garlic Chapati Chips



Make your own
chapati chips



Brown Onion



Garlic



Sweet Potato



Coriander



Mild North Indian
Spice Blend



Chilli Flakes
(Optional)



Red Lentils



Diced Tomatoes



Vegetable Stock



Chapati Wraps



Baby Spinach
Leaves



Greek Yoghurt



Hands-on: **20 mins**

Ready in: **35 mins**



Spicy (optional chilli flakes)

We're keeping it traditional tonight... well, almost. This tasty spinach dhal is classic South Asian fare, but it's the ingenious garlic chapati chips that really send our hearts aflutter.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **medium saucepan**, and **oven tray** lined with **baking paper**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Cut the **sweet potato** into 1cm chunks. **TIP:** *Cut the sweet potato to the correct size so it cooks in the allocated time.* Finely chop the **coriander**.



2 COOK THE ONION

In a medium saucepan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **brown onion** and cook, stirring, for **3-4 minutes**, or until softened. Add the **mild North Indian spice blend**, **1/2 the garlic** and a **pinch** of **chilli flakes (if using)** and cook for a further **1 minute**, or until fragrant. **TIP:** *Some like it hot, but if you don't then just hold back on the chilli flakes.*



3 SIMMER THE DHAL

Add the **sweet potato**, **red lentils**, **diced tomatoes** and **water (see ingredients list)** to the pan. Crumble in the **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Bring to the boil, reduce the heat to medium and cover with a lid (or foil). Simmer, stirring occasionally, for **20-22 minutes**, or until the sweet potato has softened. **TIP:** *Add a splash of water if the mixture seems dry.*



4 MAKE THE GARLIC CHAPATI CHIPS

When the dhal has **10 minutes** of cook time remaining, cut the **chapati wraps (see ingredients list)** into 3cm wedges and place on an oven tray lined with baking paper. Add the **remaining garlic**, **drizzle** with **olive oil**, season with a **good pinch** of **salt** and **pepper** and toss to coat. Arrange in a single layer and bake for **8-10 minutes**, or until brown and crispy. **TIP:** *The chapatis can burn fast, so keep an eye on them!*



5 ADD THE SPINACH

Once the dhal is cooked, stir through the **baby spinach leaves** and cook for a further **2 minutes**, or until wilted. Stir through **1/2 the coriander** and remove from the heat. Season with the **salt (see ingredients list)** and a **pinch** of **pepper**.



6 SERVE UP

Divide the spinach & tomato dhal between bowls and top with a dollop of **Greek yoghurt** and the remaining coriander. Serve with the garlic chapati chips.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
sweet potato	1	2
coriander	1 bunch	1 bunch
mild North Indian spice blend	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
red lentils	1 packet	2 packets
diced tomatoes	1 box (390 g)	2 boxes (780 g)
water*	1 cup	2 cups
vegetable stock	1 cube	2 cubes
chapati wraps	3	6
baby spinach leaves	1 bag (120 g)	1 bag (240 g)
salt*	¼ tsp	½ tsp
Greek yoghurt	1 tub (100 g)	1 tub (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3110kJ (744Cal)	470kJ (112Cal)
Protein (g)	32.3g	4.9g
Fat, total (g)	19.7g	3.0g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	102g	15.4g
- sugars (g)	27.5g	4.2g
Sodium (g)	864mg	131mg

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

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2018 | WK31

