



More Than Food
HelloFresh.co.uk

Enjoy
within
4 days



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on   
You'll be entered into our weekly photo contest!

Butternut Squash & Coconut Dal with Warm Flatbreads and Onion Textures

This recipe is a total stonker. With a good kick of chilli it's just the ticket for a windy weeknight. 'Onion textures' sound a little more posh than they need to - it essentially means some nice crunchy onions to add a bit of textural contrast to your dal. To get them good and crispy, get the oil nice and hot and don't overcrowd the pan. If they have a bit of space to cook then you'll fry them (instead of stew them), which will give you a perfect finish. Enjoy!

 40 mins

 lactose free

 veggie

 spicy



Butternut Squash



Onion



Red Chilli



Vine Tomato



Curry Powder



Vegetable Stock Pot



Creamed Coconut



Red Split Lentils



Flour



Coriander



Flatbread



Pumpkin Seeds

Ingredients

	2P	4P
Butternut Squash, chopped	½	1
Onion, sliced	½	1
Red Chilli, chopped	1 tsp	2 tsp
Vine Tomato, chopped	2	4
Curry Powder 1	1 tbsp	2 tbsp
Vegetable Stock Pot 2	1	2
Creamed Coconut	½ carton	1 carton
Red Split Lentils	½ cup	1 cup
Flour 3	2 tbsp	4 tbsp
Coriander, chopped	3 tbsp	5 tbsp
Flatbread 3	2	4
Pumpkin Seeds	½ tbsp	1 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Mustard | **2)** Celery
3) Gluten

Nutrition per serving: Calories: 704 kcal | Protein: 15 g | Carbs: 116 g | Fat: 23 g | Saturated Fat: 16 g



1 To dismantle your butternut squash chop it in half widthways to separate the top from the bulb at the bottom. Put the flat part of each half on the chopping board then slice downwards to remove the skin. Chop the bulb in half widthways and remove the seeds with a spoon. Finally chop half the squash into 2cm cubes.



2 Peel and cut the onion in half lengthways through the root. Slice the onion really thinly widthways into half moon shapes. Slice the chilli in half lengthways, remove the seeds and finely chop. Chop the tomatoes into 2cm chunks.



3 Boil 600ml of water. Heat 1 tbsp of oil in a saucepan on medium heat and once hot, add as much chilli as you dare. Now add the curry powder. After 1 minute, add the tomato and cook for a further minute.



4 Add the water and the stock pot to the tomato mixture. Add the creamed coconut. Rinse the red lentils under water for a minute

then add them too. Add the butternut squash and leave on a gentle simmer for 15 mins.

5 Separate the onion slices. Toss them with the flour and a pinch of salt and pepper. Heat 1 tbsp of oil in a frying pan on medium-high heat until really hot. Fry off the onions until really crispy, then remove to kitchen towel.

6 Heat your oven to 100 degrees and roughly chop your coriander. Warm your flatbreads through in the oven for 3-4 mins. Remove from the oven and drizzle over a little olive oil. Scatter over a pinch of coriander.

7 Once the dal has thickened up, taste for seasoning and add salt if required. Stir through a few tbsps of chopped coriander. Serve in big bowls with your onion textures and pumpkin seeds stacked on top. Mop up with a hunk of flatbread!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!