



CHICKEN & SWEET POTATO DHAL

with Garlic Chapati Chips & Greek Yoghurt



Make garlic chapati chips!



Sweet Potato



Carrot



Ginger



Garlic



Red Lentils



Chicken Thigh



Mild North Indian
Spice Blend



Tomato Paste



Coconut Cream



Chicken Stock



Baby Spinach
Leaves



Chapati Wraps



Greek Yoghurt

Hands-on: **30 mins**
Ready in: **50 mins**

Eat me early

No wonder dhal is the darling of Indian home cooking – it's nutritious, versatile, easy to make and brimming with flavour. Here, we're adding tender pieces of chicken, sweet roasted potato and carrot, and crunchy garlic chapati chips.

Pantry Staples: Olive Oil

BEFORE YOU START

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

- **oven tray** lined with **baking paper** • **large saucepan**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** and **carrot** (both unpeeled) into 1cm chunks. Place on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.
TIP: Cut the veggies to the correct size so they cook in the allocated time. Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Rinse the **red lentils**. Cut the **chicken thigh** into 2cm chunks.



4 MAKE THE GARLIC OIL

While the dhal is simmering, in a small bowl, combine **1 tbs** of **olive oil**, the **garlic** and a **pinch** of **salt** and **pepper**.



2 START THE DHAL

In a large saucepan, heat a **drizzle** of **olive oil** over a high heat. Add the **chicken** and cook, tossing, until browned and cooked through, **3-4 minutes**. Season with **salt** and **pepper**, then transfer to a plate. Cover to keep warm. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **ginger**, **mild North Indian spice blend** and **tomato paste** and cook, stirring, until fragrant, **1 minute**. Add the **water**, **coconut cream** and the crumbled **chicken stock**. Stir to combine.



5 BAKE THE CHAPATI CHIPS

When the dhal has **10 minutes** cook time remaining, slice the **chapati wraps** into 3cm strips. Place the **chapati** strips in a single layer on an oven tray lined with baking paper and **drizzle** or brush with the **garlic oil**. Bake until golden, **6-8 minutes**.
TIP: Use two oven trays if your chapati don't fit in a single layer.



3 COOK THE DHAL

Add the **red lentils** to the saucepan. Bring to the boil, then reduce the heat to a simmer. Cover with a lid and cook until the lentils are softened, **10 minutes**. Remove the lid and cook until thickened, **12-15 minutes**. Stir through the **salt**, **baby spinach leaves**, **chicken** (and any **resting juices**), **roasted vegetables** and a **pinch** of **pepper**, until warmed through.
TIP: If the dhal is looking a little dry at any point, just add a splash of water.



6 SERVE UP

Divide the chicken and sweet potato dhal between bowls. Dollop over the **Greek yoghurt**. Serve with the garlic chapati chips.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
sweet potato	2
carrot	1
ginger	1 knob
garlic	2 cloves
red lentils	2 packets
chicken thigh	1 packet
mild North Indian spice blend	2 sachets
tomato paste	2 sachets
water*	2 cups
coconut cream	2 boxes (400ml)
chicken stock	2 cubes
salt*	¼ tsp
baby spinach leaves	1 bag (60g)
chapati wraps	4
Greek yoghurt	2 packets (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4060kJ (970Cal)	765kJ (183Cal)
Protein (g)	52.6g	9.9g
Fat, total (g)	45.2g	8.5g
- saturated (g)	31.1g	5.9g
Carbohydrate (g)	83.5g	15.7g
- sugars (g)	19.6g	3.7g
Sodium (g)	723mg	136mg

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

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