



# Coconut Dal

with Roasted Butternut Squash, Crispy Onions and Naans

**CLASSIC** 40 Minutes • 1.5 of your 5 a day • Veggie

N° 7



Diced Butternut Squash



Mild Curry Powder



Onion



Red Chilli



Vine Tomato



Coriander



Vegetable Stock Powder



Coconut Milk



Red Split Lentils



Flour



Plain Naan



Pumpkin Seeds

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Two Baking Trays, Saucepan, Measuring Jug and Frying Pan,

### Ingredients

	2P	3P	4P
Diced Butternut Squash**	1 small pack	1 large pack	2 small packs
Mild Curry Powder 9)	1 pot	2 pots	2 pots
Onion**	1	1	2
Red Chilli**	½	¾	1
Vine Tomato	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Water*	400ml	600ml	800ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Red Split Lentils	200g	300g	400g
Flour 13)	8g	12g	16g
Plain Naan 7) 13)	2	3	4
Pumpkin Seeds	1 small pot	1 large pot	1 large pot

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	650g	100g
Energy (kJ/kcal)	3872 /926	596 /142
Fat (g)	25	4
Sat. Fat (g)	17	3
Carbohydrate (g)	138	21
Sugars (g)	20	3
Protein (g)	40	6
Salt (g)	1.62	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 9) Mustard 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



## 1. Roast the Butternut Squash

Preheat your oven to 200°C. Pop the **butternut squash** on a baking tray with a little **olive oil**. Sprinkle over **half the curry powder** and season with **salt and pepper**. Use your hands to coat the **squash** in the **spices**. Roast on the top shelf of your oven until soft and golden, 25-30 mins. Turn halfway through to ensure even cooking.



## 4. Crispy Onion Time!

Separate the **onion slices**. Toss them in the **flour** and season with a pinch of **salt and pepper**. Heat a splash of **oil** in a frying pan on high heat. When hot, fry the **onion** until coloured and crispy, 2-3 mins. Turn once or twice, then transfer to some kitchen paper to absorb any excess **oil**.



## 2. Prep the Veggies

Halve, peel and thinly slice the **onion**. Halve the **chilli** lengthways, deseed then finely chop. Chop the **vine tomato** into 2cm chunks. Roughly chop the **coriander** (stalks and all).



## 5. Warm the Naans

Meanwhile, pop the **naans** into the oven to warm through for 2-3 mins.



## 3. Cook the Dal

Heat a splash of **oil** in a large saucepan on medium heat, add the remaining **curry powder, tomato** and as much **chilli** as you dare. Cook for 1 minute. Add the **water** (see ingredients for amount), **vegetable stock powder, coconut milk** and **red lentils** to the saucepan. Simmer until the **lentils** are soft, 20-25 mins. Stir every couple of minutes to check the **lentils** don't catch on the bottom of the pan.



## 6. Serve

Once the **coconut dal** has thickened and the **lentils** are cooked, taste for seasoning and add **salt** and **black pepper** if needed. Stir in half the **coriander**. Serve in big bowls with the **roasted butternut squash, crispy onions** and **pumpkin seeds** stacked on top. Sprinkle over the remaining **coriander** and mop up with your **naans**.

Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.