

Creamy Coconut & Red Lentil Dhal

with Chilli Flatbreads & Yoghurt

Grab your Meal Kit with this symbol



Brown Onion



Ginger



Garlic



Red Lentils



Brown Mustard Seeds



Bengal Curry Paste



Tomato Paste



Turmeric



Coconut Milk



Courgette



Tomato



Chilli Flakes (Optional)



Mini Flour Tortillas



Baby Spinach Leaves



Coriander



Yoghurt

 Hands-on: **30-40 mins**
Ready in: **35-45 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 a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
red lentils	1 packet	2 packets
butter*	20g	40g
brown mustard seeds	1 sachet	1 sachet
Bengal curry paste	1 packet (50g)	1 packet (100g)
tomato paste	1 packet	2 packets
turmeric	1 sachet	1 sachet
water*	2 cups	4 cups
salt*	½ tsp	1 tsp
coconut milk	1 tin (165 ml)	1 tin (400ml)
courgette	1	2
tomato	1	2
chilli flakes (optional)	pinch	pinch
mini flour tortillas	4	8
baby spinach leaves	1 bag (30g)	1 bag (60g)
coriander	1 bunch	1 bunch
yoghurt	1 small packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3480kJ (832Cal)	586kJ (140Cal)
Protein (g)	31.7g	5.3g
Fat, total (g)	35.3g	5.9g
- saturated (g)	17.9g	3.0g
Carbohydrate (g)	86.9g	14.6g
- sugars (g)	16.6g	2.8g
Sodium (g)	1720mg	290mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

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



Make the chilli flatbreads

While the dhal is cooking, heat **olive oil** (2 1/2 tbs for 2 people / 1/3 cup for 4 people) in a medium frying pan over a medium-high heat. Add a pinch of **chilli flakes** (if using) to the **oil** and cook until fragrant, **1 minute**. Transfer the **chilli 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 frying pan to a medium-high heat, then 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**, then add the **brown mustard seeds**, **Bengal curry paste**, **tomato paste** and **turmeric** and cook, stirring, until fragrant, **2 minutes**.



Finish the dhal

When the dhal has finished cooking, stir through the **baby spinach leaves** until just wilted, then season to taste. Roughly chop the **coriander**.



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**. While the lentils are cooking, grate the **courgette**. Roughly chop the **tomato**. In the last **10 minutes** of cook time, remove the lid and stir through the **courgette** and **tomato**. Cook, uncovered, until the 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 **yoghurt** and sprinkle with coriander. Serve with the chilli flatbreads.

Enjoy!