



Indian Pumpkin & Coconut Dhal

with Coriander Flatbreads



Grab your Meal Kit with this symbol



Brown Onion



Ginger



Red Lentils



Mild North Indian Spice Blend



Coconut Cream



Tomato Paste



Vegetable Stock



Peeled & Chopped Pumpkin



Baby Spinach Leaves



Coriander



Mini Flour Tortillas



Long Green Chilli (Optional)



Greek Yoghurt

Hands-on: 30-40 mins
Ready in: 40-50 mins

Dhal is the ultimate bowl of goodness – rich in protein, a good source of fibre and full of aromatic flavours. The coconut cream balances the spices to create a meal that's both delectable and nourishing.

Each week, we search the country to source the best ingredients, with a focus on quality and variety. This week's red chilli was in short supply, so we've replaced it with green chilli. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
ginger	1 knob	2 knobs
red lentils	1 packet	2 packets
mild North Indian spice blend	1 sachet	2 sachets
water*	1¼ cups	3½ cups
coconut cream	½ tin (200ml)	1 tin (400ml)
tomato paste	1 tin	2 tins
vegetable stock	1 sachet	1 sachet
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
coriander	1 bunch	1 bunch
mini flour tortillas	4	8
long green chilli (optional)	½	1
Greek yoghurt	1 packet (100g)	2 packets (200g)

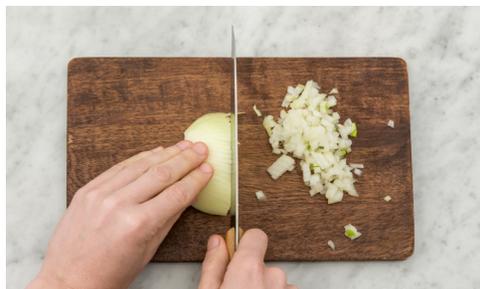
*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4210kJ (1010Cal)	721kJ (172Cal)
Protein (g)	35.4g	6.1g
Fat, total (g)	42.0g	7.2g
- saturated (g)	29.2g	5.0g
Carbohydrate (g)	114g	19.5g
- sugars (g)	29.8g	5.1g
Sodium (g)	1150mg	198mg

Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)



1. Get prepped

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



2. Start the dhal

In a medium saucepan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook until soft, **4-5 minutes**. Add the **ginger** and **mild North Indian spice blend** and cook, stirring, until fragrant, **1 minute**. Add the **water**, **coconut cream** (see ingredients list), **tomato paste** and the **vegetable stock**. Stir to combine.



3. Simmer the dhal

Add the **peeled & chopped pumpkin**, **lentils** and a **pinch of salt** and **pepper** 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, **20-22 minutes**. Stir through the **baby spinach leaves** until wilted. Season to taste with **salt** and **pepper**.

TIP: If the dhal is looking a little dry at any point, just add a splash of water.



4. Make the coriander oil

While the dhal is simmering, finely chop the **coriander**. In a small bowl, combine the **coriander**, **olive oil** (**2 1/2 tbs for 2 people / 1/3 cup for 4 people**) and a **pinch of salt** and **pepper**.



5. Make the coriander flatbreads

When the dhal has **10 minutes** cook time remaining, brush some **coriander oil** over both sides of a **mini flour tortilla**. Heat a medium frying pan over a medium-high heat and 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 list). Thinly slice the **long green chilli** (see ingredients list), if using.



6. Serve up

Divide the Indian pumpkin and coconut dhal between bowls. Top with the **Greek yoghurt** and sprinkle with the chilli (if using). Tear the coriander flatbreads in half and serve on the side.

Enjoy!