



SWEET POTATO COCONUT DAL

with Dukkah Salsa and Cheats Chapatis



HELLO COCONUT MILK

Coconut milk is the nut's grated flesh soaked in water. It's different from coconut water which is the liquid from the centre of the nut.



Onion



Ginger



Sweet Potato



Sri Lankan Curry Powder



Tomato Purée



Coconut Milk



Vegetable Stock Powder



Red Lentils



Coriander



Lime



Dukkah Spice Mix



Whole Wheat Soft Tortillas



Baby Spinach

MEAL BAG

35 mins

2 of your 5 a day

Medium heat

Vegan

Sri Lanka is often called the 'Resplendent Isle' and we can see why. Just have a taste of this dal recipe that Mimi came up with! Sweet potato marries beautifully with coconut milk and lentils cook down to a seductive softness, all the better to absorb those lovely spices.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Peeler**, **Large Saucepan** (with a **Lid**), **Measuring Jug** and **Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Halve, peel and chop the **onion** into small pieces. Peel and grate the **ginger**. Peel the **sweet potato**, then chop into 2cm chunks.



2 START THE DAL

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **onion**. Cook until soft, stirring occasionally, 5 mins. Add the **ginger**, **Sri Lankan curry powder** and **tomato purée**. Stir together and cook for 1 minute more. Pour in the **water** (see ingredients for amount), **coconut milk** and **stock powder**. Stir to dissolve the **stock powder**.



3 SIMMER THE DAL

Add the **sweet potato** and **red lentils** to your pan along with a pinch of **salt** and **pepper**. Bring to a simmer, cover with a lid and cook, stirring frequently, until the **lentils** and **sweet potato** are soft, about 20 mins.
★ **TIP:** If the dal is looking a little dry, just add a splash of water.



4 MAKE THE SALSA

Meanwhile, roughly chop the **coriander** (stalks and all). Zest the **lime** and pop in a small bowl with the **Dukkah spice mix** and **coriander**. Add the **olive oil** (see ingredients for amount), a little squeeze of **lime juice** and a pinch of **salt** and **pepper**. Mix together and leave to the side.



5 DRY-FRY THE 'CHAPATIS'

Heat a large frying pan on high heat (don't add any oil). When the pan is hot, dry-fry your **tortillas** for 30 seconds on each side. You want your **tortillas** to char slightly, so keep an eye on them. Transfer each **tortilla** to a plate making a **chapati** pile. Keep them warm by covering the plate with foil.



6 FINISH AND SERVE

Once the **dal** is cooked, stir through the **baby spinach** a handful at a time until it has wilted, 1-2 mins. Squeeze in a little **lime juice**. Taste and add more **salt**, **pepper** or **lime juice** if you feel it needs it. Serve in bowls with the **Dukkah salsa** on top and the **chapatis** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion	1	1	2
Ginger	1 piece	1½ pieces	2 pieces
Sweet Potato	1 small	2 small	2 small
Sri Lankan Curry Powder	1 large pot	1½ large pots	2 large pots
Tomato Purée	1 sachet	1½ sachets	2 sachets
Water*	300ml	450ml	600ml
Coconut Milk	½ tin	¾ tin	1 tin
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Red Lentils	100g	150g	200g
Coriander	½ bunch	¾ bunch	1 bunch
Lime	1	1	2
Dukkah Spice Mix 1) 2) 3) 10)	1 pot	1½ pots	2 pots
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Whole Wheat Soft Tortillas 13)	4	6	8
Baby Spinach	1 small bag	1 large bag	1 large bag

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 476G	PER 100G
Energy (kcal)	656	138
(kJ)	2743	577
Fat (g)	14	3
Sat. Fat (g)	2	1
Carbohydrate (g)	107	22
Sugars (g)	22	5
Protein (g)	27	6
Salt (g)	2.88	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 2) Nut 3) Sesame 10) Celery 13) Gluten

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

👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via: hello@hellofresh.co.uk



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

📷 🐦 📘 📺 #HelloFreshSnaps

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

Packed in the UK

♻️ YOU CAN RECYCLE ME!

HelloFRESH