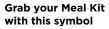


Creamy Coconut Dhal & Chilli Flatbread

with Greek Yoghurt









Brown Onion









Red Lentils



Brown Mustard







Tomato Paste





Coconut Milk



Tomato







Mini Flour





Mint



Greek Yoghurt

Pantry items Olive Oil, Butter

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!

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 lid · Medium frying pan

Ingredients

ingredients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1	2	
ginger	1 knob	2 knobs	
garlic	2 cloves	4 cloves	
red lentils	1 packet	2 packets	
butter*	20g	40g	
brown mustard seeds	1 sachet	2 sachets	
Bengal curry paste	½ packet (50g)	1 packet (100g)	
tomato paste	1 sachet	2 sachets	
turmeric	1 sachet	2 sachets	
water*	1⅓ cups	3⅓ cups	
salt*	½ tsp	1 tsp	
coconut milk	1 tin (165ml)	1 tin (400ml)	
zucchini	1	2	
tomato	1	2	
chilli flakes (optional)	pinch	pinch	
mini flour tortillas	4	8	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
mint	1 bunch	1 bunch	
Greek yoghurt	1 packet (100g)	1 packet (200g)	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3831kJ (915Cal)	584kJ (139Cal)
Protein (g)	31.9g	4.9g
Fat, total (g)	42.3g	6.5g
- saturated (g)	18.9g	2.9g
Carbohydrate (g)	87.4g	13.3g
- sugars (g)	22.5g	3.4g
Sodium (mg)	1762mg	269mg

Allergens

Always read product labels for the most up-to-date allergen information.
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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1. Get prepped

Finely chop the **brown onion**. Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Rinse the **red lentils**.



2. 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** and add the **brown mustard seeds**, **Bengal curry paste** (**see ingredients list**), **tomato paste** and **turmeric**. Cook, stirring until fragrant, **2 minutes**.



3. Simmer the dhal

Add the water, the salt, red lentils and coconut milk to the pan. Stir to combine. Cover with a lid, reduce the heat to medium and cook until the lentils have softened, 20-25 minutes. Grate the zucchini. Roughly chop the tomato. In the last 10 minutes of cook time, remove the lid and stir through the zucchini and tomato. Continue cooking until the lentils and veggies have softened.

TIP: Add a splash of water if the dhal looks dry.



4. Make the chilli flatbreads

When you've added the veggies to the dhal, heat olive oil (2 tbs for 2 people / 4 tbs 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-infused 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 pan to 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).



5. Finish the dhal

When the dhal has finished cooking, stir through the **baby spinach leaves** until just wilted and season to taste with **salt** and **pepper**. Pick and roughly chop the **mint** leaves.



6. Serve up

Divide the creamy coconut dhal between bowls, top with a dollop of **Greek yoghurt** and sprinkle with mint. Serve with the chilli flatbreads.

Enjoy!