



Creamy Coconut Dhal & Chilli Flatbread

with Greek 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



Zucchini



Tomato



Chilli Flakes (Optional)



Mini Flour Tortillas



Baby Spinach Leaves



Mint



Greek Yoghurt

- Hands-on: **30-40 mins**
- Ready in: **40-50 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 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
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*	1½ cups	3½ 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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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**.



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)**.



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**.



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.



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.



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!