

Creamy Lentil & Veggie Dhal

with Chilli Flatbreads & Yoghurt

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Red Lentils



Ginger Paste



Bengal Curry Paste



Tomato Paste



Brown Mustard Seeds



Coconut Milk



Carrot



Tomato



Chilli Flakes (Optional)



Mini Flour Tortillas



Baby Spinach Leaves




Mint



Greek-Style Yoghurt

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

 Spicy (optional chilli flakes)

Dhal is always delicious but this version raises the bar, with a creamy coconut base, mild spices and loads of veggies to keep things interesting. The flatbreads are delightful for dipping - make them as mild or spicy as you'd like.

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	2
garlic	2 cloves	4 cloves
red lentils	1 medium packet	1 large packet
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
Bengal curry paste	1 packet	2 packets
tomato paste	1 packet	2 packets
brown mustard seeds	1 sachet	2 sachets
water*	1½ cups	3½ cups
salt*	¼ tsp	½ tsp
coconut milk	1 medium tin	1 large tin
carrot	1	2
tomato	1	2
chilli flakes (optional)	pinch	pinch
mini flour tortillas	6	12
baby spinach leaves	1 small bag	1 medium bag
mint	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3725kJ (890Cal)	610kJ (145Cal)
Protein (g)	31.7g	5.2g
Fat, total (g)	38.7g	6.3g
- saturated (g)	21.3g	3.5g
Carbohydrate (g)	90.5g	14.8g
- sugars (g)	25.4g	4.2g
Sodium (mg)	2276mg	373mg

The quantities provided above are averages only.

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.



Get prepped

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



Make the chilli flatbreads

When the dhal has **5 minutes** remaining, heat some **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people) in a medium frying pan over a medium-high heat. Add a pinch of **chilli flakes** (if using) and **salt** and cook until fragrant, **1 minute**. Transfer the **chilli oil** to a small bowl. Brush (or spread with the back of a spoon) some **chilli oil** over both sides of a **mini flour tortilla**. Return the pan to a medium-high heat. Add the **tortilla** and cook until golden, **1 minute** each side. Transfer to a plate lined with paper towel. Repeat with the remaining **tortillas**.



Start the dhal

In a large saucepan, heat the **butter** and a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **3-4 minutes**. Add the **ginger paste** and **garlic** and cook until fragrant, **1 minute**. Add a drizzle more **oil**, then add the **Bengal curry paste**, **tomato paste** and **brown mustard seeds**. Cook, stirring, until fragrant, **2 minutes**.



Finish the dhal

When the dhal is ready, stir through the **baby spinach leaves** until just wilted, **1 minute**. Season with **salt** and **pepper** to taste.



Simmer the dhal

Add the **water**, the **salt**, **lentils** and **coconut milk**. Stir well to combine. Cover with a lid, then reduce the heat to medium and simmer until the lentils are softened, **20-25 minutes**. Meanwhile, grate the **carrot**. Roughly chop the **tomato**. In the last **10 minutes** of cook time, remove the lid and stir through the **carrot** and **tomato**. Continue cooking until the lentils and veggies are softened.

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



Serve up

Pick and roughly chop the **mint** leaves. Divide the creamy lentil dhal between bowls. Top with the **Greek-style yoghurt** and mint. Serve with the chilli flatbreads.

Enjoy!

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