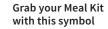
Creamy Lentil & Veggie Dhal with Chilli Flatbreads & Yoghurt













Brown Onion





Ginger Paste

Tomato Paste

Red Lentils



Bengal Curry





Brown Mustard





Tomato

Mini Flour

Tortillas

Coconut Milk

Carrot



Chilli Flakes (Optional)





Baby Spinach Leaves





Yoghurt



Greek-Style

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

ingi edients			
	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*	1⅓ cups	3⅓ cups	
salt*	1/4 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.

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Get prepped

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



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**.



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.



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**.



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.



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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