INDIAN SPICED COCONUT DHAL
with Cucumber Raita & Basmati Rice

Cook with brown mustard seeds

Brown Onion

Ginger

Carrot

Red Lentils

Basmati Rice

Brown Mustard Seeds

Tomato Paste

Mild North Indian Spice Blend

Chilli Flakes (Optional)

Coconut Cream

Vegetable Stock

Baby Spinach Leaves

Coriander

Cucumber

Greek Yoghurt

Pantry Staples: *Olive Oil*

Hands-on: 30 mins
Ready in: 40 mins

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional chilli flakes)

Dhal is one of the staple foods of the Indian subcontinent and it isn't hard to see why – it's hearty, wholesome and deeply delicious! Here, we add baby spinach for green goodness and top it with a creamy and refreshing raita.

BEFORE YOU — START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** with a **lid** • **large saucepan** with a **lid**

1 GET PREPPED
Finely chop the **brown onion**. Finely grate the **ginger**. Grate the **carrot** (unpeeled). Rinse the **red lentils**.

2 COOK THE RICE
In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. 💡 **TIP:** *The rice will finish cooking in its own steam so don't peek!*

3 START THE DHAL
While the rice is cooking, in a large saucepan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook until soft, **4-5 minutes**. Add the **ginger**, **brown mustard seeds**, **tomato paste**, **mild North Indian spice blend**, a **pinch** of **chilli flakes** (if using) and **another drizzle** of **olive oil**. Cook, stirring, until fragrant, **1-2 minutes**. Add the grated **carrot**, **water (for the dhal)**, **coconut cream**, the **salt** and the crumbled **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Stir to combine.

4 SIMMER THE DHAL
Add the **red lentils** to the saucepan along with a **pinch** of **salt** and **pepper**. Bring to the boil, then reduce the heat to a simmer. Cover with a lid and cook until the lentils have softened, **20-22 minutes**. 💡 **TIP:** *Add a splash of water if the dhal looks dry*. Stir through the **baby spinach leaves** until just wilted. Season to taste with **salt** and **pepper**.

5 PREP THE TOPPINGS
While the dhal is cooking, roughly chop the **coriander**. Finely chop the **cucumber**. In a medium bowl, combine the **Greek yoghurt** and chopped **cucumber**. Season to taste with **salt** and **pepper**.

6 SERVE UP
Divide the basmati rice between bowls and top with the coconut dhal. Top with a dollop of cucumber raita and sprinkle with the coriander.

ENJOY!

2|4 PEOPLE — INGREDIENTS

	2P	4P
*olive oil**	refer to method	refer to method
brown onion	1	2
ginger	1 knob	2 knobs
carrot	1	2
red lentils	1 packet	2 packets
*water** *(for the rice)*	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown mustard seeds	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
mild North Indian spice blend	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
*water** *(for the dhal)*	2 cups	4 cups
coconut cream	1 tin (140 ml)	1 tin (270 ml)
*salt**	¼ tsp	½ tsp
vegetable stock	1 cube	2 cubes
baby spinach leaves	1 bag (60 g)	1 bag (120 g)
coriander	1 bag	1 bag
cucumber	1	2
Greek yoghurt	1 packet (100 g)	2 packets (200 g)

**Pantry Items*

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3730kJ (890Cal)	650kJ (155Cal)
Protein (g)	32.4g	5.7g
Fat, total (g)	26.5g	4.6g
- saturated (g)	20.3g	3.5g
Carbohydrate (g)	123g	21.5g
- sugars (g)	22.1g	3.9g
Sodium (g)	992mg	173mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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