



Super Quick Creamy Tikka Dal

with Basmati Rice, Peas and Crispy Onions

Super Quick 10-15 Minutes • Mild Spice • 1 of your 5 a day • Veggie

17



Basmati Rice



North Indian Style Spice Mix



Tikka Masala Paste



Lentils



Creme Fraiche



Vegetable Stock Paste



Mango Chutney



Peas



Crispy Onions



Ready in just 15 minutes, this Super Quick Creamy Tikka Dal is speedy and full of flavour. Dal isn't just the name for the dish, but also the lentils that make it.

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle and saucepan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
North Indian Style Spice Mix	1 sachet	1 sachet	1 sachets
Tikka Masala Paste	75g	112g	150g
Lentils	1 carton	1½ cartons	2 cartons
Creme Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste	10g	15g	20g
Mango Chutney	40g	60g	80g
Peas**	120g	180g	240g
Crispy Onions 13)	1 sachet	1½ sachets	2 sachets

**Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	404g	100g
Energy (kJ/kcal)	3484 /833	863 /206
Fat (g)	34.2	8.5
Sat. Fat (g)	17.2	4.3
Carbohydrate (g)	112.9	28.0
Sugars (g)	20.9	5.2
Protein (g)	23.9	5.9
Salt (g)	4.35	1.08

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Get Started

- Boil a half-full kettle.
- Pour it into a saucepan with $\frac{1}{4}$ tsp salt on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.



Finishing Touches

- Stir the **mango chutney** and **peas** into the **lentils**.
- Simmer for 1-2 mins.
- Season with **salt** and **pepper**.



Dal Time

- Pop a saucepan on high heat.
- Add the **North Indian style spice mix**, **tikka masala paste**, **lentils** and their **liquid**, **creme fraiche** and **veg stock paste**.
- Stir and bring to the boil.
- Reduce the heat. Simmer, 6-8 mins.



Dinner's Ready!

- Share the **rice** between your bowls.
- Spoon over the **tikka dal**.
- Sprinkle with the **crispy onions**.

Enjoy!