



COCONUT DAL

with Cheat's Chapatis and Charred Courgette



HELLO COCONUT

Coconut palms are described in Sanskrit as 'the tree which gives all that is necessary for living'.



Red Lentils



Vegetable Stock Powder



Coconut Milk



Onion



Courgette



Ginger



Garlic Clove



Red Chilli



Coriander



Chickpeas



Desiccated Coconut



Curry Powder



Baby Spinach



Whole Wheat Soft Tortillas

MEAL BAG

45 mins

3 of your 5 a day

Medium heat

Veggie

A dal is a delicious way to enjoy a large dose of veggies for dinner. This dal is made with lentils, spinach and a kick of red chilli. As if this wasn't enough, we have also included cheat's chapatis, which make the best little shovels to scoop up your dal!

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BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Sieve**, **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Fine Grater**, **Frying Pan**, some **Kitchen Paper** and some **Foil**. Now, let's get cooking!



1 START THE DAL

Rinse the **lentils** under cold water in a sieve. Boil the **water** (see ingredients for amount) in a large saucepan, add the **vegetable stock powder** and stir to dissolve. Pour in the **coconut milk** and add the **lentils**. Reduce to a gentle simmer and cook, stirring occasionally until the **lentils** are soft, then remove from the heat, 15-20 mins.



2 PREP THE VEGGIES

Meanwhile, halve, peel and chop the **onion** into small pieces. Trim the **courgette** then slice into rounds about 1cm thick. Peel and grate the **ginger** and **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed and finely chop. Roughly chop the **coriander** (stalks and all). Drain and rinse the **chickpeas**.



3 TOAST THE COCONUT

Place a frying pan on medium heat (no oil) and add the **desiccated coconut**. Toast until golden, 4-5 mins, shaking the pan. Remove from the pan and set aside. Wipe out the pan with kitchen paper.



4 WILT THE SPINACH

Put the now empty frying pan back on medium heat with a splash of **oil** and add the **onion**. Cook until soft, 4 mins. Stir in the **ginger**, **garlic**, **curry powder** and as much **chilli** as you dare. Cook for 1-2 mins. Stir in the **spinach** a handful at a time until wilted, then remove from the heat. When the **lentils** are ready, pour the **spinach mixture** along with **half the toasted coconut** and **half the coriander**, into the saucepan. Pop a lid on to keep warm.



5 COOK THE CHAPATIS

Wipe out the now empty frying pan and put on high heat (no oil). When really hot add the **courgette slices** and cook for 3-4 mins on each side. You want them to blacken and char. When ready transfer to a plate and drizzle with **olive oil**. Put the pan back on the heat and fry each **tortilla** until dark spots begin to appear, about 1 min each side. Remove to a plate and keep warm with foil while you dry-fry the remaining **tortillas**.



6 FINISH AND SERVE

Mix the **chickpeas** into the **dal** and rewarm over medium heat until the **dal** is piping hot. Serve the **dal** in bowls and top with the **courgette slices**. Finish with a sprinkling of the remaining **toasted coconut** and **coriander** and the **chapatis** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Red Lentils	150g	250g	300g
Water*	250ml	400ml	500ml
Vegetable Stock Powder 10)	1 sachets	1½ sachets	2 sachets
Coconut Milk	1 small tin	¾ large tin	1 large tin
Onion *	1	1½	2
Courgette *	1	1½	2
Ginger *	1 piece	1½ pieces	2 pieces
Garlic Clove *	1	2	2
Red Chilli *	½	¾	1
Coriander *	½ bunch	¾ bunch	1 bunch
Chickpeas	1 carton	1½ cartons	2 cartons
Desiccated Coconut	½ sachet	¾ sachet	1 sachet
Curry Powder 9)	1 large pot	1½ large pots	2 large pots
Baby Spinach *	1 small bag	1 small bag	1 large bag
Whole Wheat Soft Tortillas 13)	4	6	8

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 653G	PER 100G
Energy (kJ/kcal)	3764 / 900	576 / 138
Fat (g)	30	5
Sat. Fat (g)	20	3
Carbohydrate (g)	113	17
Sugars (g)	17	3
Protein (g)	40	6
Salt (g)	3.05	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

9) Mustard 10) Celery 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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