



More Than Food
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Coconut Dal with Homemade Chapati

Many, many (many) years ago Head Chef Patrick was rushing to school when he remembered it was 'home economics' day. In his haste he grabbed the only things he could find: a tin of baked beans and a bag of wholemeal flour. His speciality that day was baked beans on homemade chapatis. We're glad to say he's increased his repertoire since then and tonight's coconut dal is an absolute stonker!

35 mins

1 of your 5 a day

spicy

vegan

mealkit

veggie



Wholemeal Flour (150g)



Water for the Dough (80ml)



Water for the Stock (250ml)



Vegetable Stock Pot (1/2)



Red Lentils (150g)



Coconut Milk (100ml)



Garlic Clove (1)



Onion (1)



Ginger (1)



Red Chilli (1/2)



Curry Powder (1 tbsp)



Kale (1 bag)



Desiccated Coconut (1 tbsp)



Coriander (1/2 bunch)


2 PEOPLE INGREDIENTS

- Wholemeal Flour **150g**
- Water for the Dough **80ml**
- Water for the Stock **250ml**
- Vegetable Stock Pot **½**
- Red Lentils **150g**
- Coconut Milk **100ml**
- Garlic Clove, chopped **1**
- Onion, chopped **1**
- Ginger, chopped **1**
- Red Chilli, chopped **½**
- Curry Powder **1 tbsp**
- Kale **1 bag**
- Desiccated Coconut **1 tbsp**
- Coriander, chopped **½ bunch**

Allergens: Gluten, Celery, Sulphites, Mustard.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	711 kcal / 3003 kJ	21 g	16 g	107 g	11 g	29 g	8 g
Per 100g	147 kcal / 621 kJ	4 g	3 g	22 g	2 g	6 g	2 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Chapati is an unleavened flat bread and is a staple food in South East Asia.

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains Sulphites], Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



1 Put all but 2 tbsp of the **flour** into a high sided bowl with a good pinch of **salt**.
Tip: You need 2 tbsp to dust your work surface later. Very gradually add the **water** (amount specified in the ingredient list) into your **flour** whilst you mix it with your hands. Keep mixing and adding until you have a soft (not soggy!) dough.

2 Sprinkle the remaining **flour** onto your work surface and coat your **dough** in a drizzle of **olive oil**. Knead your **dough** by pushing it away from you on the work surface. Form it back into a ball and then push it away again. Once you've pummelled it for 5 mins, leave it to rest.



3 In a medium-sized pot, boil the **water** (amount specified in the ingredient list) and add the **vegetable stock pot**. Rinse the **lentils** under running water for at least 30 seconds (important for improving flavour!). Pour your **lentils** into the boiling stock and reduce to a gentle simmer. Cook for 10 mins before adding the **coconut milk**. Cook for a further 5 mins then turn off the heat.

4 To make the **dal**, peel and very finely chop the **garlic** and **onion**. Peel the skin from the **ginger** using the edge of a spoon and then chop it finely. Cut the **red chilli** in half lengthways, remove the seeds and finely chop.



5 Heat a splash of **olive oil** in a frying pan on medium heat and add your **onion**, **kale** and a splash of **water**. Steam fry until your veggies have softened, 4-5 mins, then add your **garlic**, **ginger** and as much **chilli** as you dare. Cook for a couple of mins and then stir in the **curry powder**. **Tip:** You can check the heat of the chilli by touching your finger to your tongue after chopping it.

6 When your **lentils** are ready, add them to your **kale mixture** and stir together. Taste and add more **salt** and **pepper** if needed.



7 Finally, divide your **dough** into equal balls (2 per person) and roll out your chapatis until they are about ½ cm thick and as large as a big hand. **Tip:** If you don't have a rolling pin you can use a wine bottle or even a tin can! Place them individually in a searing hot frying pan (without oil!) and cook on both sides until you see little dark brown spots form.

8 Once your chapatis are done, remove and plate and then toast the **desiccated coconut** in the same hot pan. Chop up a bit of **coriander** and stir it through your **dal**. Scatter over some more **coriander** and your **desiccated coconut** before scooping it up with your **chapatis**!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!