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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



spicy



lactose free



vegan



Wholemeal Flour  
(150g)



Water for dough  
(80ml)



Vegetable Stock Pot  
( $\frac{1}{2}$  + 250ml water)



Red Split Lentils  
(150g)



Organic Coconut  
Milk (100ml)



Garlic Clove (1)



Onion (1)



Ginger  
(1 tbsp)



Red Chilli  
( $\frac{1}{2}$ )



Curry Powder  
(1 tbsp)



Baby Spinach  
(3 handfuls)



Desiccated Coconut  
(1 tbsp)



Coriander  
( $\frac{1}{2}$  bunch)

## 2 PEOPLE INGREDIENTS

- Wholemeal Flour **150g**
- Water for dough **80ml**
- Vegetable Stock Pot **½ + 250ml water**
- Red Split Lentils **150g**
- Organic Coconut Milk **100ml**
- Garlic Clove, chopped **1**
- Onion, chopped **1**
- Ginger, chopped **1 tbsp**
- Red Chilli, chopped **½**
- Curry Powder **1 tbsp**
- Baby Spinach **3 handfuls**
- Desiccated Coconut **1 tbsp**
- Coriander, chopped **½ bunch**

**Allergens:** Gluten, Celery, Sulphites, Mustard.

**Nutritional Value per total cooked weight per person**

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
<b>Per serving</b>	1129 kcal / 4786 kJ	25 g	16 g	174 g	12 g	64 g	8 g



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

### Did you know...

Chapati is an unleavened flat bread and 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



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** (see quantity in the ingredient list) into the **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 the dough in a drizzle of **olive oil**. Knead the 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



3 In a medium-sized pot, boil the **water** (amount as stated in ingredient list) and add the **vegetable stock pot** as stated above. Rinse the **lentils** under running water for at least 30 seconds (important for improving flavour!). Pour the **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 Meanwhile, 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 **chilli** in half lengthways, remove the seeds and finely chop.

4



5 Heat a splash of **olive oil** in a frying pan on medium heat and add the **onion**. After 4 mins add the **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 Add the **spinach** to the pan with your **onion mixture** and cook until it has wilted. Once it has wilted, turn off the heat and leave until your **lentils** are cooked. Stir the **spinach mixture** into the **lentils**, taste it and add some more **salt** and **pepper** if needed.

7



7 Finally, divide your **dough** into two equal balls and roll out your chapatis until they are as thin as a pancake 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 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, toast the **desiccated coconut** in the hot pan. Chop up a bit of **coriander** and stir it through the dal. Scatter over some more chopped **coriander** and your **desiccated coconut** before scooping it up with your chapatis!

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