

Coconut Dal

with Roasted Butternut Squash, Crispy Onions and Naans

CLASSIC 40 Minutes • 1.5 of your 5 a day • Veggie











Mild Curry Powder



Onion



Red Chilli



Vine Tomato



Coriander



Vegetable Stock Powder



Coconut Milk



Red Split Lentils





Plain Naan



Pumpkin Seeds

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Two Baking Trays, Saucepan, Measuring Jug and Frying Pan,

Ingredients

	2P	3P	4P	
Diced Butternut Squash**	1 small pack	1 large pack	2 small packs	
Mild Curry Powder 9)	1 pot	2 pots	2 pots	
Onion**	1	1	2	
Red Chilli**	1/2	3/4	1	
Vine Tomato	2	3	4	
Coriander**	1 bunch	1 bunch	1 bunch	
Water*	400ml	600ml	800ml	
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets	
Coconut Milk	200ml	300ml	400ml	
Red Split Lentils	200g	300g	400g	
Flour 13)	8g	12g	16g	
Plain Naan 7) 13)	2	3	4	
Pumpkin Seeds	1 small pot	1 large pot	1 large pot	
*Not Included ** Store in the Fridge				

Nutrition

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	Per serving	Per 100g		
for uncooked ingredients	650g	100g		
Energy (kJ/kcal)	3872 /926	596/142		
Fat (g)	25	4		
Sat. Fat (g)	17	3		
Carbohydrate (g)	138	21		
Sugars (g)	20	3		
Protein (g)	40	6		
Salt (g)	1.62	0.25		

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

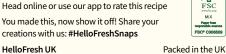
7) Milk 9) Mustard 10) Celery 13) Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Roast the Butternut Squash

Preheat your oven to 200°C. Pop the **butternut squash** on a baking tray with a little **olive oil**. Sprinkle over **half** the **curry powder** and season with **salt** and **pepper**. Use your hands to coat the squash in the spices. Roast on the top shelf of your oven until soft and golden, 25-30 mins. Turn halfway through to ensure even cooking.



2. Prep the Veggies

Halve, peel and thinly slice the onion. Halve the **chilli** lengthways, deseed then finely chop. Chop the vine tomato into 2cm chunks. Roughly chop the coriander (stalks and all).



3. Cook the Dal

Heat a splash of oil in a large saucepan on medium heat, add the remaining curry powder, tomato and as much chilli as you dare. Cook for 1 minute. Add the water (see ingredients for amount), vegetable stock powder, coconut milk and red lentils to the saucepan. Simmer until the lentils are soft, 20-25 mins. Stir every couple of minutes to check the **lentils** don't catch on the bottom of the pan.



4. Crispy Onion Time!

Separate the onion slices. Toss them in the flour and season with a pinch of salt and pepper. Heat a splash of oil in a frying pan on high heat. When hot, fry the **onion** until coloured and crispy, 2-3 mins. Turn once or twice, then transfer to some kitchen paper to absorb any excess oil.



5. Warm the Naans

Meanwhile, pop the naans into the oven to warm through for 2-3 mins.



6. Serve

Once the **coconut dal** has thickened and the lentils are cooked, taste for seasoning and add salt and black pepper if needed. Stir in half the coriander. Serve in big bowls with the roasted butternut squash, crispy onions and pumpkin **seeds** stacked on top. Sprinkle over the remaining coriander and mop up with your naans.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.