



Coconut Dal

with Roasted Butternut Squash, Crispy Onions and Naans

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

N° 7



Diced Butternut Squash



Mild Curry Powder



Onion



Red Chilli



Vine Tomato



Coriander



Vegetable Stock Powder



Coconut Milk



Red Split Lentils



Flour



Plain Naan



Pumpkin Seeds

Before you start

Our fruit, veggies and herbs need a wash before you 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**	½	¾	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

	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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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



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.



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**.



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).



5. Warm the Naans

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



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.



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.