

Coconut, Lentil and Chickpea Dal with Garlic Mushrooms, Toasted Coconut and Naan

Classic 40-45 Minutes • Mild Spice • 2 of your 5 a day • Veggie



Garlic Clove



Closed Cup
Mushrooms



Chickpeas



Coriander



Desiccated Coconut



Tikka Paste



Ginger Puree



Coconut Milk



Vegetable Stock Paste



Red Split Lentils



Plain Naan Breads

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, saucepan, bowl, lid, aluminum foil, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Closed Cup Mushrooms**	150g	225g	300g
Chickpeas	1 carton	1½ cartons	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Desiccated Coconut	15g	22g	30g
Tikka Paste	75g	112g	150g
Ginger Puree	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	15g	25g	30g
Red Split Lentils	100g	150g	200g
Plain Naan Breads 7) 11) 13)	2	3	4

Pantry	2P	3P	4P
Water for the Dal*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	535g	100g
Energy (kJ/kcal)	4130/987	772/185
Fat (g)	37.2	7.0
Sat. Fat (g)	21.9	4.0
Carbohydrate (g)	118.2	22.1
Sugars (g)	10.7	2.0
Protein (g)	34.5	6.4
Salt (g)	5.59	1.05

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Peel and grate the **garlic** (or use a garlic press).
Thinly slice the **mushrooms**.

Drain and rinse the **chickpeas** in a sieve.

Roughly chop the **coriander** (stalks and all).



Garlic Mushrooms Time

Halfway through the **dal** cooking time, preheat your oven to 220°C/200°C fan/gas mark 7.

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **sliced mushrooms** and remaining **garlic** and stir-fry until golden, 4-5 mins.

Stir through **half** the **coriander** and cook for 1 min, then remove from the heat.



Toast the Coconut

Heat a large saucepan on medium heat (no oil).

Once hot, add the **desiccated coconut** and cook, stirring regularly, until lightly toasted, 1-2 mins.

TIP: Watch it like a hawk as it can burn easily.

Transfer to a small bowl and set aside.



Warm the Naans

When the **dal** has 5 mins remaining, stir in the **chickpeas** and cook for the remaining time.

Meanwhile, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.



Make your Dal

Pop the (now empty) pan back on medium heat with a drizzle of **oil**. Add the **tikka paste**, **ginger puree** and **half** the **garlic**. Cook, stirring, for 1 min.

Stir in the **coconut milk**, **veg stock paste** and **water for the dal** (see pantry for amount) until combined, then stir through the **lentils**. Season with **salt** and **pepper**.

Bring to a simmer, then reduce the heat and cover with a lid (or foil). Cook, stirring frequently, until the **lentils** are soft, 20-25 mins. **TIP:** If the **dal** is looking a little dry, just add a splash of water.



Finish and Serve

Once the **dal** is cooked, taste and add **salt** and **pepper** if needed. Reheat the **mushrooms** if necessary.

Spoon the **dal** into large bowls and top with the **garlic mushrooms**. Sprinkle over the **toasted coconut** and remaining **coriander** to finish.

Serve with the **naans** alongside for dipping and scooping.

Enjoy!