



Mango Chutney Coated Halloumi Sweet Potato Dal with Naan Bread

N° 18

Classic 35 Minutes • Little Spice • 1 of your 5 a day



Sweet Potato



Onion



Garlic Clove



Korma Curry Paste



Vegetable Stock Paste



Red Split Lentils



Halloumi



Spring Onion



Mango Chutney



Naan



Diced Chicken Breast



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Baking Tray, Saucepan, Measuring Cup, Frying Pan.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Onion**	1	1	2
Garlic Clove	2	3	4
Korma Curry Paste 9)	1 sachet	2 sachets	2 sachets
Water*	500ml	750ml	1000ml
Vegetable Stock Paste 10)	10g	15g	20g
Red Split Lentils	100g	150g	200g
Halloumi 7)**	250g	500g	500g
Spring Onion**	1	2	2
Mango Chutney	1 sachet	2 sachets	2 sachets
Naan 7) 11) 13)	2	3	4
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	416g	100g
Energy (kJ/kcal)	3419/817	822/196
Fat (g)	37	9
Sat. Fat (g)	19	5
Carbohydrate (g)	78	19
Sugars (g)	27	7
Protein (g)	44	11
Salt (g)	5.50	1.32
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	556g	100g
Energy (kJ/kcal)	4080/975	734/175
Fat (g)	40	7
Sat. Fat (g)	20	4
Carbohydrate (g)	79	14
Sugars (g)	27	5
Protein (g)	78	14
Salt (g)	5.64	1.01

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **9)** Mustard **10)** Celery **11)** Soya **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

You made this, now show it off! Share your creations with us: [#HelloFreshSnaps](#)

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Get Prepped

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel). Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Pop the **sweet potato** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and spread out in a single layer. Roast in on the top shelf of your oven until golden and tender, 25-30 mins. Turn halfway through cooking.



Fry the Halloumi

Meanwhile, cut the **halloumi** in **half** through the middle, then cut into 2cm chunks. Trim and thinly slice the **spring onion**. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **halloumi**, fry until golden on all sides, turning often, 3-5 mins total (cook in batches if you need to). Remove the pan from the heat and add the **mango chutney**. Turn to coat the **halloumi** in the **chutney**. Set the pan aside off the heat.

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.



Start the Dal

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **onion** and cook until soft, stirring occasionally, 4-5 mins. Add the **korma curry paste** and **garlic**. Stir together and cook for a minute more. Pour in the **water** (see ingredients for amount) and **vegetable stock paste**. Stir to combine.



CUSTOM RECIPE

If you've added **diced chicken** to your meal, heat a drizzle of oil in a large saucepan on medium heat as instructed. Once hot, add the **chicken**, season with **salt** and **pepper** and cook until brown all over, 5-6 mins. Turn occasionally. Stir in the **onion** and continue with the step and the recipe. **IMPORTANT:** Wash your hands after handling chicken and its packaging.



Finish the Dal

Pop the **naans** into the oven for the last 3-4 mins of **dal** cooking time to warm through. Once the **sweet potato** is roasted, stir it into the **dal**. Once the **dal** is cooked, taste and add **salt** and **pepper** if you feel it needs it, along with a splash of **water** if it's a little dry.



Simmer

Add the **red split lentils** to your pan, stir and season with **pepper**. Bring to a simmer and cook until they are soft, 20-25 minutes. Stir frequently to make sure they don't stick to the bottom of the pan. **TIP:** If the dal is looking a little dry, just add a splash of water.



CUSTOM RECIPE

If you've added **chicken** to your meal, make sure it's cooked through before serving. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Serve

Serve the **dal** in bowls, warm through the **halloumi** if necessary and spoon on top of the **dal** along with a sprinkling of **spring onion**. Serve with the **naan** alongside.

Enjoy!