



# Mango Chutney Coated Halloumi Sweet Potato Dal with Naan Bread

N° 22

**CLASSIC** 35 Minutes • Little Heat • 1.5 of your 5 a day • Veggie



Sweet Potato



Onion



Garlic Clove



Korma Curry Paste



Vegetable Stock Powder



Red Split Lentils



Halloumi



Spring Onion



Mango Chutney



Naan

## Before you start

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

### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Baking Tray, Saucepan, Measuring Jug and Frying Pan.

### Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Korma Curry Paste (9)	1 sachet	2 sachets	2 sachets
Water for the Dal*	500ml	750ml	1000ml
Vegetable Stock Powder (10)	1 sachet	2 sachets	2 sachets
Red Split Lentils	100g	150g	200g
Halloumi (7)**	1 block	1½ blocks	2 blocks
Spring Onion**	1	2	2
Mango Chutney	1 sachet	2 sachets	2 sachets
Naan (7) (13)	2	3	4

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	545g	100g
Energy (kJ/kcal)	4638 / 1109	852 / 204
Fat (g)	41	8
Sat. Fat (g)	19	4
Carbohydrate (g)	134	25
Sugars (g)	32	6
Protein (g)	53	10
Salt (g)	6.54	1.20

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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Packed in the UK



## 1. 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.



## 4. Cook the Halloumi

Meanwhile, cut the **halloumi** in half through the middle, then cut into 2cm chunks. Trim the **spring onion** and thinly slice. 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.



## 2. 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 paste** and **garlic**. Stir together and cook for a minute more. Pour in the **water** (see ingredients for amount) and **vegetable stock powder**. Stir to dissolve the **stock**.



## 5. 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.



## 3. Simmer!

Add the **red lentils** to your pan, stir and season with **salt** and **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.**



## 6. Finish and 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 and...

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.