



# Mango Chutney Coated Halloumi & Sweet Potato Dal

with Naan Bread

22

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



Sweet Potato



Onion



Garlic Clove



Korma Style Paste



Vegetable Stock Paste



Red Split Lentils



Halloumi



Spring Onion



Mango Chutney



Naan

## 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 and Frying Pan.

## Ingredients

|                            | 2P       | 3P        | 4P        |
|----------------------------|----------|-----------|-----------|
| Sweet Potato**             | 1        | 2         | 2         |
| Onion**                    | 1        | 1         | 2         |
| Garlic Clove**             | 2        | 3         | 4         |
| Korma Style 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         |

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

## Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 523g        | 100g     |
| Energy (kJ/kcal)        | 4624 /1108  | 885 /211 |
| Fat (g)                 | 41          | 8        |
| Sat. Fat (g)            | 20          | 4        |
| Carbohydrate (g)        | 130         | 25       |
| Sugars (g)              | 30          | 6        |
| Protein (g)             | 52          | 10       |
| Salt (g)                | 6.35        | 1.22     |

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.

## Contact

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HelloFresh UK

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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** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. Once your oven is hot, roast on the top shelf until golden and tender, 25-30 mins. Turn halfway through.



## Finish the Prep

Meanwhile, halve the **halloumi** 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.



## Start the Dal

Meanwhile, 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 style paste** and **garlic**. Stir together and cook for 1 min more. Pour in the **water** (see ingredients for amount) and **vegetable stock paste**.



## 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 mins. 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**.



## Finish and Serve

Warm through the **halloumi** if necessary. Serve the **dal** in bowls with the **halloumi** spooned on top. Sprinkle over the **spring onion**. Serve with the **naan** alongside.

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.