



# Mango Chutney Halloumi & Sweet Potato Dal

with Naan Bread and Spring Onion

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

22



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, Measuring Jug 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)	4734/1131	906/216
Fat (g)	42	8
Sat. Fat (g)	20	4
Carbohydrate (g)	138	27
Sugars (g)	30	6
Protein (g)	51	10
Salt (g)	6.39	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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You can recycle me!



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** 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 in on the top shelf until golden and tender, 25-30 mins. Turn halfway through.

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

3



## Simmer

Add the **red 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.**

4



## Halloumi Time

Meanwhile, halve the **halloumi** 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.

5



## Add the Sweet Potato

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.

6



## 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**. Slice the **naans** and serve 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.