



# One Pot Chicken and Red Lentil Dal

with Spinach and Naan



**FAMILY** Hands on Time: 20 Minutes • Total Time: 45 Minutes • Little Heat • 1 of your 5 a day



Diced Chicken Thigh



Onion



Garlic Clove



North Indian Style Curry Powder



Ground Cumin



Coconut Milk



Chicken Stock Powder



Red Lentils



Plain Naan



Baby Spinach



## Before you start

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

### Basic cooking tools you will need:

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

### Ingredients

	2P	3P	4P
Diced Chicken Thigh**	280g	420g	560g
Onion**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Ground Cumin	1 small pot	1 large pot	1 large pot
Coconut Milk	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Dal*	200ml	300ml	400ml
Red Lentils	50g	75g	100g
Plain Naan 7) 13)	2	3	4
Baby Spinach**	1 small bag	1 large bag	1 large bag

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	521g	100g
Energy (kJ/kcal)	3446/824	661/158
Fat (g)	35	7
Sat. Fat (g)	20	4
Carbohydrate (g)	79	15
Sugars (g)	9	2
Protein (g)	48	9
Salt (g)	1.93	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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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### 1. Start the Dal

Heat a drizzle of **oil** in a large saucepan over high heat. Once hot, add the **diced chicken**, season with **salt** and **pepper** and cook, stirring regularly, until golden brown, 5-6 mins. Transfer to a plate and set aside. Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).



### 4. Add the Chicken

Once the **lentils** have cooked for 15 mins, return the **chicken** to the pan and mix into the **dal**. Cover with a lid again and cook until the **lentils** are soft and the **chicken** is cooked through, 6-8 mins. Add a splash of **water** if it is starting to dry out. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



### 2. Cook the Onion

Return the pan to the heat, add the **onion** and season with **salt**. Cook, stirring regularly, until soft and golden, 8-10 mins. Add the **garlic**, **North Indian curry powder** and **cumin** and cook for 2 mins, stirring regularly.



### 5. Finish the Dal

Pop the **naans** on a baking tray and bake until warmed through, 3-4 mins. Add the **spinach** to the **dal** a handful at a time until it is completely wilted, 2-3 mins. Taste and add more **salt** and **pepper** if needed.



### 3. Simmer the Dal

Add the **coconut milk**, **chicken stock powder**, **water** (see ingredients for amounts) and the **lentils**. Season with **salt** and **pepper**, stir well and bring to a simmer. Cover with a lid (or some foil) and simmer until the **lentils** are tender and almost cooked, 15 mins. Preheat your oven to 180°C.



### 6. Serve

Divide the **dal** between bowls and serve with the **naans**.

**Enjoy!**