



PANEER AND COCONUT DHAL

with Garlicky Greens and Naan



HELLO LENTILS

Lentils have been eaten by humans since Neolithic times and were one of the first domesticated crops.



Onion



Garlic Clove



Ginger



Tomato Puree



Pasanda Seasoning



Coconut Milk



Vegetable Stock Powder



Red Split Lentils



Paneer



Lime



Spring Greens



Garlic and Coriander Naan

Fresh, filling and full of flavour, our Paneer and Coconut Dhal is the perfect recipe for a quick mid-week dinner. A popular ingredient across India and much of Southern Asia, paneer provides bulk and protein to veggie dishes like this one, and brings a lovely layer of texture to the velvety dhal. Served with warm naan breads, garlicky spring greens and lots of fresh lime, this dish is guaranteed to bring the sunshine straight into your kitchen.

35 mins

1.5 of your
5 a day

Little heat

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Large Saucepan** and **Frying Pan**. Now, let's get cooking!



1 GET PREPPED

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**.



2 START THE DHAL

Heat a drizzle of **oil** in a large saucepan on medium high heat. Once the **oil** is hot, add the **onion** and fry until softened, 5 mins, stir occasionally. Add the **tomato puree**, **pasanda seasoning**, **ginger** and **half the garlic**. Stir and cook for 1 minute, then pour in the **coconut milk** and **water** (see ingredient list for amount). Stir in the **vegetable stock powder** and bring the **mixture** to the boil.



3 SIMMER!

Stir the **lentils** into the **mix**, then simmer the **dhal** until the **lentils** are tender, about 20 mins. **★ TIP:** Add a splash of water if you feel it needs it. Chop the **paneer** into 2cm chunks. Halve the **lime**.



4 FRY THE PANEER

While the **dhal** simmers, heat a drizzle of **oil** in a frying pan on medium high heat. When the **oil** is hot, add the **paneer** and fry until golden on each side, 5-7 mins, turning every 1-2 mins. Add the **paneer** to the pan of **dhal** for the rest of its cooking time.



5 FRY THE GREENS

Pop your (now empty) pan back on medium high heat with a drizzle of **oil**. Add the **spring greens** with a pinch of **salt** and **pepper**. Stir fry until the **greens** are tender, 3-4 mins. In the meantime, add the **naans** to the oven to warm through for 4-5 mins. Once the **greens** are tender, add the remaining **garlic** to the pan and stir fry for a further minute. Remove the pan from the heat.



6 FINISH AND SERVE

Once the **dhal** is cooked, remove from the heat and stir in **half the spring greens**. Add a squeeze of **lime juice**, taste and add **salt**, **pepper** and more **lime juice** if you feel it needs it. Spoon into bowls and serve the remaining **spring greens** on top, the **naans** alongside and any remaining **lime** chopped into wedges. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion ✱	1	1½	2
Garlic Clove ✱	2	3	4
Ginger ✱	1	1	2
Tomato Puree	1 sachet	1½ sachets	2 sachets
Pasanda Seasoning	1 small pot	¾ large pot	1 large pot
Coconut Milk	1 tin	½ tin	1 tin
Water for the Dhal*	450ml	675ml	900ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Red Split Lentils	100	150	200
Paneer 7) ✱	½ block	¾ block	1 block
Lime ✱	½	1	1
Spring Greens ✱	1 bag	1 bag	2 bags
Garlic and Coriander Naan 7) 13)	4	6	8

*Not Included ✱ Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 517G	PER 100G
Energy (kJ/kcal)	3728 / 891	721 / 172
Fat (g)	40	8
Sat. Fat (g)	27	5
Carbohydrate (g)	94	18
Sugars (g)	16	3
Protein (g)	39	8
Salt (g)	2.03	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 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.

THUMBS UP OR THUMBS DOWN?

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