



# ROASTED CARROT DAL

with Cumin Spiced Chapatis



## HELLO CUMIN

After black pepper, cumin is the second most popular spice in the world!



Chantenay Carrots



Poudre de Colombo



Echalion Shallot



Garlic Clove



Coriander



Cumin Seeds



Red Split Lentils



Vegetable Stock Pot



Whole Wheat Soft Tortillas



Baby Spinach



Greek Yoghurt

MEAL BAG

- 35 mins Little heat
- 3 of your 5 a day
- Veggie

A dal is a delicious way to enjoy a large dose of veggies for dinner. This dal is made with lentils, spinach and delicious chantenay carrots. These little carrots are packed full of flavour and nutrients, and are a tasty addition to this Indian dish. As if this wasn't enough, we have also included cheat's chapatis, which make the best little shovels to scoop up your dal!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use the! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Fine Grater** (or **Garlic Press**), **Large Saucepan**, **Measuring Jug**, **Frying Pan**, some **Kitchen Paper** and some **Foil**. Now, let's get cooking!



### 1 ROAST THE CARROTS

Preheat your oven to 200°C. Remove the ends from the **carrots** (no need to peel!) and halve lengthways (if there are any bigger **carrots**, cut them into quarters!). Pop the **carrots** on a lined baking tray. Drizzle over a glug of **oil** and season with a good pinch of **salt**. Sprinkle on **two-thirds** of the **poudre de colombo**, mix well, then roast on the top shelf of your oven until soft, 25-30 mins. Turn halfway through to make sure they cook evenly.



### 4 FLAVOUR THE OIL

Heat a frying pan over medium heat and add the remaining **cumin seeds**. Cook for 1 minute, then add the **olive oil** (see ingredients for amount). Stir in the rest of the **garlic**, cook for 2 mins, then pour the flavoured **oil** into a small bowl.



### 2 START THE DAL

Meanwhile, halve, peel and thinly slice the **shallot** into half moons. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Heat a large saucepan over medium heat and add a splash of **oil**. Add the **shallot** and a pinch of **salt**. Cook until soft, 3 mins, then add **half** the **garlic** and **half** the **cumin seeds**. Cook for 1 minute more, then stir in the remaining **poudre de colombo** and the **red lentils**.



### 5 CHEAT'S CHAPATI

Wipe your frying pan with some kitchen paper, then pop it back on high heat. When the pan is hot, dry-fry the **tortillas** for 30 seconds on each side. You want the **tortillas** to char slightly, so keep an eye on them. Transfer each **tortilla** to a plate making a chapati pile and drizzle some of the flavoured **oil** over each one as you go. Cover with some foil to keep warm.



### 3 SIMMER THE DAL

Add the **water** (see ingredients for amount), bring to the boil, then stir in the **stock pot**. Make sure it is dissolved, reduce the heat and simmer gently for around 20 mins.

**★ TIP:** If the mixture starts to look a little dry, just add a splash more water.



### 6 FINISH AND SERVE

When the **lentils** are cooked, add the **baby spinach** to the pan and stir it through to wilt it. Check the seasoning and add more **salt** and some **pepper** if needed. Spoon the **dal** into bowls and top with the **roasted carrots**. Finish with a dollop of **greek yoghurt**, a sprinkling of **coriander** and serve with the **chapatis** on the side. **Yum!**

## 2 PEOPLE INGREDIENTS

Chantenay Carrots, halved	1 pack
Poudre de Colombo <sup>9)</sup>	1½ tsp
Echalion Shallot, sliced	1
Garlic Clove, grated	2
Coriander, chopped	1 small bunch
Cumin Seeds	1 tsp
Red Split Lentils	150g
Water*	400ml
Vegetable Stock Pot <sup>10)</sup> <sup>14)</sup>	½
Olive Oil*	2 tbsps
Whole Wheat Soft Tortillas <sup>13)</sup>	4
Baby Spinach	1 small bag
Greek Yoghurt <sup>7)</sup>	½ pot

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 486G	PER 100G
Energy (kcal)	640	131
(kJ)	2678	550
Fat (g)	13	3
Sat. Fat (g)	4	1
Carbohydrate (g)	97	20
Sugars (g)	17	3
Protein (g)	33	7
Salt (g)	3.35	0.69

### ALLERGENS

<sup>7)</sup> Milk <sup>9)</sup> Mustard <sup>10)</sup> Celery <sup>13)</sup> Gluten <sup>14)</sup> Sulphites

**Vegetable Stock Pot:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [Contains **Sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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