



More Than Food
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Roasted Chantenay Carrots with Lentil Dahl and Cumin Spiced Chapatis

Dahl is a delicious way to enjoy a large dose of veggies for dinner. This dahl is made with chickpeas, spinach and colourful chantenay carrots. These little carrots are packed full of flavour and nutrients, and are a tasty addition to this Indian dish. If all this wasn't enough, we have also included cheat'chapatis, which make the best little shovel to scoop up your dahl!



35 mins



healthy



veggie



spicy



vegan



5 of your
5 a day



Mixed Chantenay
Carrots (300g)



Poudre de Colombo
(1½ tsp)



Echalion Shallot (1)



Garlic Clove (2)



Coriander
(1 bunch)



Chickpeas
(1 tin)



Cumin Seeds (1 tsp)



Red Split Lentils (150g)



Vegetable Stock Pot
(½)



Water (400ml)



Wholemeal Tortillas
(4)



Baby Spinach
(1 bag)

2 PEOPLE INGREDIENTS

- Mixed Chantenay Carrots
- Poudre de Colombo
- Echalion Shallot, sliced
- Garlic Clove, grated
- Coriander, chopped
- Chickpeas

300g
1½ tsp
1
2
1 bunch
1 tin

- Cumin Seeds
- Red Split Lentils
- Vegetable Stock pot
- Water
- Wholemeal Tortillas
- Baby Spinach

1 tsp
150g
½
400ml
4
1 bag

Allergens: Celery, Sulphites, Mustard, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	514 kcal / 2378 kJ	7 g	1 g	92 g	13 g	34 g	3 g
Per 100g	90 kcal / 415 kJ	1 g	0 g	16 g	2 g	6 g	0 g



Our fruit and veggies may need a little wash before cooking!

Did you know...

100g of carrots provide more than 100% of your daily requirement of vitamin A.

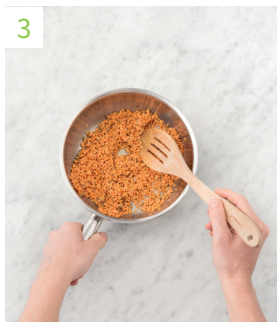
Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser (Tara Gum), **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Preheat your oven to 200 degrees. Cut the tops off the **carrots** then slice your **white** and **purple carrots** in half lengthways (no need to peel). Slice your **orange carrots** into four strips if they are a bit thicker.

3

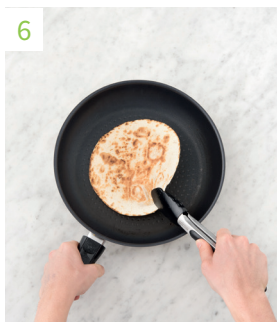


2 Pop your **carrots** onto a baking tray. Drizzle over a glug of **oil** and season with a good pinch of **salt**. Sprinkle on two thirds of the **Poudre de Colombo**, mix well and then roast on the top shelf of your oven for 25-30 mins. Turn after 10 mins to make sure they cook evenly. Whilst your carrots cook, cut the **shallot** in half through the root. Peel and slice into thin half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one). Roughly chop the **coriander** and drain the **chickpeas** into a colander, and keep to one side.

3 Heat a saucepan over medium heat and add a splash of **oil**. Add your **shallot** and a pinch of **salt**. Cook for 3 mins until soft and then add half your **garlic** and half the **cumin seeds**. Cook for 1 minute more and then add your remaining **Poudre de Colombo** and the **red lentils**.

4 Add the **water** (amount specified in the ingredient list). Bring to the boil and stir in the **vegetable stock pot**. Make sure it is dissolved and then reduce the heat and simmer gently for around 20 mins.

6



5 Heat a frying pan over medium heat and add your remaining **cumin seeds**. Dry-fry for 1 minute, then add 1 tbsp of **oil** per person. Stir in the rest of your **garlic**, cook for 2 mins then pour your **flavoured oil** into a small bowl.

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

7



7 When your **carrots** have 5 mins left in your oven, pop your **chickpeas** onto the baking tray as well and roast for 5 mins. Put the (now empty) frying pan on medium heat and add a splash of **oil**. Add the **baby spinach** and cook for 2-3 mins or until completely wilted. Season with a pinch of **salt** and a generous grind of **black pepper**.

8 Share your **spinach** out between your plates and top with your **carrots** and **chickpeas**. Check the seasoning on your **lentils** and add more **salt** and **pepper** if needed. Spoon alongside your **spinach** and **carrots**. Finish with a sprinkle of **coriander** and serve with your **chapatis**. Yum!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!