



Sweet Potato Coconut Dal

with Dukkah Salsa and Cheat's Chapati

Classic 35 Minutes • Medium Spice • 2 of your 5 a day

19



Onion



Ginger



Sweet Potato



Sri Lankan Curry Powder



Tomato Puree



Coconut Milk



Vegetable Stock Paste



Red Split Lentils



Coriander



Lime



Dukkah Mix



Wholewheat Tortilla



King Prawns



Baby Spinach



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Cooking tools, you will need:

Saucepan with Lid, Zester, Bowl, Frying Pan, Foil.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Ginger**	1	1	2
Sweet Potato**	1	2	2
Sri Lankan Curry Powder	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water*	100ml	450ml	600ml
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste (10)	10g	15g	20g
Red Split Lentils	100g	150g	200g
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Dukkah Mix (1) (2) (3) (10)	1 sachet	1 sachet	2 sachets
Olive Oil for the Salsa*	1 tbsp	1½ tbsps	2 tbsps
Wholewheat Tortilla (13)	4	6	8
Baby Spinach**	100g	150g	200g
King Prawns (5)**	150g	250g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	531g	100g
Energy (kJ/kcal)	3412 / 815	642 / 153
Fat (g)	32	6
Sat. Fat (g)	19	4
Carbohydrate (g)	111	21
Sugars (g)	16	3
Protein (g)	26	5
Salt (g)	1.85	0.35

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	606g	100g
Energy (kJ/kcal)	3631 / 868	599 / 143
Fat (g)	32	5
Sat. Fat (g)	19	3
Carbohydrate (g)	111	18
Sugars (g)	16	3
Protein (g)	38	6
Salt (g)	2.75	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 2) Nut 3) Sesame 5) Crustaceans 10) Celery 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, Soy, Gluten & Sulphites.

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Get Prepped

Halve, peel and chop the **onion** into small pieces. Peel and grate the **ginger**. Peel the **sweet potato**, then chop into 2cm chunks.



Start the Dal

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **onion**. Cook until soft, 4-5 mins, stirring occasionally. Add the **ginger**, **Sri Lankan curry powder** and **tomato puree**. Stir together and cook for 1 minute more. Pour in the **water** (see ingredients for amount), **coconut milk** and **vegetable stock paste**. Stir to combine.



Simmer the Dal

Add the **sweet potato** and **red lentils** to your pan and season with **salt** and **pepper**. Bring to a simmer, cover with a lid and cook, stirring frequently, until the **lentils** and **sweet potato** are soft, 20-25 mins. **TIP:** If the dal is looking a little dry, just add a splash of water.



Make the Salsa

Meanwhile, roughly chop the **coriander** (stalks and all). Zest and halve the **lime**. Pop the **lime zest** into a bowl with the **dukkah** and **coriander**. Add the **olive oil for the salsa** (see ingredients for amount), a squeeze of **lime juice** and a pinch of **salt** and **pepper**. Mix together and leave to the side.



Cheat's Chapati

Meanwhile, heat a large frying pan on high heat (don't add any oil). When the pan is hot, dry-fry your **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** (spread each one with a little **butter**, if you have any). Keep them warm by covering the plate with foil.



Finish and Serve

Once the **dal** is cooked, stir through the **baby spinach** a handful at a time until it has wilted, 1-2 mins. Squeeze in a little **lime juice**. Taste and add more **salt**, **pepper** or **lime juice** if you feel it needs it. Serve in bowls with the **dukkah salsa** on top and the **chapatis** on the side.

Enjoy!



CUSTOM RECIPE

If you've opted to get **prawns** with your **dal**, once the **dal** is cooked, stir in the **prawns** and simmer until cooked, 3-4 mins. **IMPORTANT:** Wash your hands after handling raw seafood. The **prawns** are cooked when pink on the outside and opaque in the middle. Add the **spinach** and continue with the recipe as instructed.

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.