

# **Sweet Potato Coconut Dal**

with Dukkah Salsa and Cheat's Chapati

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











**Sweet Potato** 







Sri Lankan Curry Powder





Coconut Milk

Red Split Lentils

Tomato Puree





Vegetable Stock Paste





Coriander



Dukkah Mix







Lime





#### **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:

Grater, Saucepan, Measuring Jug, Bowl, Frying Pan, 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*	300ml	450ml	600ml
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Red Split Lentils	100g	150g	200g
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1/2	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
Kale**	100g	100g	200g
≅ King Prawns 5)**	150g	180g	300g
*Not Included **Store in t	he Fridge		

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	531g	100g
Energy (kJ/kcal)	3441 /822	647 /155
Fat (g)	32	6
Sat. Fat (g)	19	4
Carbohydrate (g)	112	21
Sugars (g)	17	3
Protein (g)	27	5
Salt (g)	1.86	0.35
Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredient	Per serving 606g	Per 100g 100g
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for uncooked ingredient	606g	100g
for uncooked ingredient Energy (kJ/kcal)	<b>606g</b> 3661/875	<b>100g</b> 604/144
for uncooked ingredient Energy (kJ/kcal) Fat (g)	<b>606g</b> 3661 /875 33	<b>100g</b> 604/144 5
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	<b>606g</b> 3661/875 33 19	100g 604/144 5 3
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	<b>606g</b> 3661 /875 33 19 112	100g 604/144 5 3 18

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 2) Nut 3) Sesame 5) Crustaceans 10) Celery 13) Gluten

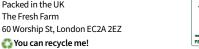
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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, Soya, Gluten & Sulphites.

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







# 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.



## **CUSTOM RECIPE**

If you've decided to add prawns to your meal, 5 mins before the dal is ready, add the prawns and cook. IMPORTANT: Wash your hands and equipment after handling raw prawns. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



# 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 kale to submerge in the sauce and simmer until wilted, 4-6 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!

#### 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.