



Sweet Potato Coconut Dal

with Dukkah Salsa and Cheat's Chapati

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

20



Onion



Ginger



Sweet Potato



Sri Lankan Curry Powder



Tomato Puree



Coconut Milk



Vegetable Stock Paste



Red Split Lentils



Coriander



Lime



Dukkah Mix



Super Soft Tortilla with Whole Wheat



Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Fine Grater, Saucepan, Lid, Measuring Jug, Bowl, Frying Pan and Aluminium Foil.

Ingredients

| | 2P | 3P | 4P |
|---|-----------|------------|-----------|
| Onion** | 1 | 1 | 2 |
| Ginger** | 1 | 1 | 2 |
| Sweet Potato** | 1 | 2 | 2 |
| Sri Lankan Style Curry Powder | 2 sachets | 2 sachets | 4 sachets |
| Tomato Puree | 1 sachet | 1½ sachets | 2 sachets |
| Water for the Dal* | 300ml | 450ml | 600ml |
| Coconut Milk | 200ml | 300ml | 400ml |
| Vegetable Stock Paste (10) | 15g | 20g | 30g |
| 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 tbsp | 2 tbsp |
| Super Soft Tortilla with Whole Wheat (13) | 4 | 6 | 8 |
| Baby Spinach** | 100g | 150g | 200g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 582g | 100g |
| Energy (kJ/kcal) | 3537 /845 | 608 /145 |
| Fat (g) | 33 | 6 |
| Sat. Fat (g) | 19 | 3 |
| Carbohydrate (g) | 112 | 19 |
| Sugars (g) | 17 | 3 |
| Protein (g) | 27 | 5 |
| Salt (g) | 2.52 | 0.43 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 2) Nut 3) Sesame 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.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



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** and cook until soft, 4-5 mins, stirring occasionally. Add the **ginger**, **Sri Lankan style curry powder** and **tomato puree**. Stir together and cook for 1 min more. Pour in the **water for the dal** (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, then cover with a lid and cook until the **lentils** and **sweet potato** are soft, 20-25 mins. Stir occasionally to prevent it from sticking. **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 mix** 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 set aside.



Cheat's Chapati

Meanwhile, heat a large frying pan on high heat (no oil). When the pan is hot, dry-fry your **wholemeal tortillas** for 30 secs 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 wilted and piping hot, 1-2 mins. Squeeze in a little **lime juice**. Taste and add more **salt**, **pepper** or **lime juice** if needed. 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.