



Sweet Potato Coconut Dal

with Cheat's Chapati

Classic 30-35 Minutes • Medium Spice • 2 of your 5 a day • Veggie

19



Ginger



Sweet Potato



Lime



Sri Lankan Style Curry Powder



Tomato Puree



Coconut Milk



Vegetable Stock Paste



Red Split Lentils



Super Soft Tortilla with Whole Wheat



Baby Spinach

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Grater, saucepan, lid, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Ginger**	1	1	2
Sweet Potato	1	2	2
Lime**	½	1	1
Sri Lankan Style Curry Powder	2 sachets	2 sachets	4 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	15g	20g	30g
Red Split Lentils	100g	150g	200g
Super Soft Tortilla with Whole Wheat 13)	4	6	8
Baby Spinach**	100g	150g	200g

Pantry	2P	3P	4P
Water for the Dal*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	442g	100g
Energy (kJ/kcal)	2979 /712	674 /161
Fat (g)	23.6	5.4
Sat. Fat (g)	18.2	4.1
Carbohydrate (g)	98.7	22.3
Sugars (g)	14.2	3.2
Protein (g)	23.2	5.2
Salt (g)	2.72	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Peel and grate the **ginger**. **TIP:** Use a *teaspoon to easily scrape away the peel*.

Peel and chop the **sweet potato** into 2cm chunks.
Halve the **lime**.



Cheat's Chapati Time

Meanwhile, heat a large frying pan on high heat (no oil).

Once hot, dry-fry your **whole meal tortillas** for 30 secs on each side - you want your **tortillas** to char slightly, but keep an eye on them.

Transfer them to a plate, spread each one with a little **butter** (if you have any), then make a **chapati** pile. Cover with foil to keep warm.



Build the Flavour

Heat a drizzle of **oil** in a large saucepan on medium heat.

Once hot, add the **ginger**, **Sri Lankan style curry powder** and **tomato puree**. Stir together and cook for 1 min.

Pour in the **water for the dal** (see ingredients for amount), **coconut milk** and **vegetable stock paste**. Stir to combine.



Add the Spinach

Once the **dal** is cooked, stir through the **baby spinach** a handful at a time until wilted and piping hot, 1-2 mins.



Simmer the Dal

Add the **sweet potato** and **red lentils** to the 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. Add a splash of **water** if it looks a little dry.



Finish and Serve

Squeeze a little **lime juice** into the **dal**. Taste and add more **salt**, **pepper** and **lime juice** if needed.

Serve in bowls with the **chapatis** alongside for scooping up the **dal**.

Enjoy!