



Cooking Made Easy

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## Coconut Dal with Homemade Chapati

Many, many (many) years ago Head Chef Patrick was rushing to school when he remembered it was 'Home Economics' day. In his haste he grabbed the only things he could find: a tin of baked beans and a bag of wholemeal flour. His speciality that day was baked beans on homemade chapatis. We're glad to say he's increased his repertoire since then and tonight's coconut dal is an absolute stonker!



40 min



spicy



vegan



lactose free



Wholemeal Flour



Vegetable Stock Pot



Red Lentils



Organic Coconut Milk



Onion



Garlic Clove



Ginger



Chilli



Curry Powder



Baby Spinach



Desiccated Coconut



Coriander

## Ingredients

	2P	4P
Wholemeal Flour <b>1</b>	150g	300g
Vegetable Stock Pot <b>3</b>	½	1
Red Lentils	150g	300g
Organic Coconut Milk	5 tbsp	10 tbsp
Onion, diced	1 cup	2 cups
Garlic Clove, diced	1	2
Ginger, diced	1 tbsp	2 tbsp
Chilli, diced	½	1
Curry Powder <b>2</b>	1 tbsp	2 tbsp
Baby Spinach <b>⊕</b>	1 handful	2 handfuls
Desiccated Coconut	1 tbsp	2 tbsp
Coriander, chopped	½ bunch	1 bunch

**⊕** May feature in another recipe

**🌱** Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Gluten | **2)** Mustard  
**3)** Celery

**Nutrition per serving:** Calories: 596 kcal | Protein: 17 g | Carbs: 81 g | Fat: 23 g | Saturated Fat: 19 g

1



**1** Put all but 2 tbsp of your flour into a high sided bowl with ¼ tsp of salt.  
**Tip:** You need 2 tbsp to dust your work surface later. Very gradually add water (roughly ⅓ of a cup) into the flour whilst you mix it with your hands. Keep mixing and adding until you have a soft (not soggy!) dough.

4



**2** Sprinkle the remaining flour onto your work surface and coat the dough in 1 tsp of olive oil. Knead the dough by pushing it away from you on the work surface. Form it back into a ball and then push it away again. Once you've pummelled it for 5 mins leave it to rest.

6



**3** In a medium sized pot boil 250ml of water with half the stock pot. Rinse the lentils under running water for at least 30 seconds (important for improving flavour!). Pour the lentils into the boiling stock and reduce to a gentle simmer. Cook for 10 mins before adding 5 tbsp (only!) of coconut milk. Cook for a further 5 mins then turn off the heat.

7



**4** Meanwhile peel and very finely dice one cup of onion and the garlic. Peel the skin from the ginger using the edge of a spoon and then dice it finely. Chop the chilli in half lengthways, remove the seeds and finely dice.

**5** Heat 1 tbsp of oil in a pan on medium heat and add the onion. After 4 mins add the garlic, ginger and as much chilli as you dare. Cook for a couple of minutes and then stir in the curry powder. **Tip:** You can check the heat of the chilli by touching your finger to your tongue after chopping it.

**6** Add a handful of the spinach into the onion mixture and cook until it has wilted. Once it has wilted, turn off the heat and leave until the lentils are cooked. Stir the spinach mixture into the lentils, taste it and add ½ tsp salt and a good grind of pepper.

**7** Finally, divide your dough into four equal balls and roll out your chapatis until they are as thin as a pancake and as large as a big hand. **Tip:** If you don't have a rolling pin you can use a wine bottle or even a tin can! Place them in a searing hot frying pan and cook on both sides until you see little dark brown spots form.

**8** Once the chapatis are done, toast off your desiccated coconut in the hot pan. Chop up a bit of coriander and stir it through the dal. Scatter over some more chopped coriander and the toasted coconut before scooping it up with your chapatis!

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