



Coconut, Lentil and Chickpea Dal with Spinach and Naan

Classic 35-40 Minutes • Mild Spice • 1 of your 5 a day

20



Garlic Clove



Chickpeas



Red Split
Lentils



Tikka Masala
Paste



Ginger Puree



Coconut Milk



Vegetable Stock
Paste



Plain Naans



Baby Spinach



Greek Style
Natural Yoghurt



Diced Chicken
Breast

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, garlic press, sieve and baking tray.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Chickpeas	1 carton	1½ cartons	2 cartons
Red Split Lentils	100g	150g	200g
Tikka Masala Paste	75g	112g	150g
Ginger Puree	15g	22g	30g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10	15g	25g	30g
Plain Naans 7 13	2	3	4
Baby Spinach**	40g	100g	100g
Greek Style Natural Yoghurt** 7	75g	150g	150g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Curry*	75ml	100ml	150ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	559g	100g	689g	100g
Energy (kJ/kcal)	4738/1132	848/203	5385/1287	782/187
Fat (g)	51.8	9.3	54.2	7.9
Sat. Fat (g)	28.8	5.2	29.4	4.3
Carbohydrate (g)	120.7	21.6	120.9	17.6
Sugars (g)	13.1	2.3	13.2	1.9
Protein (g)	38.2	6.8	69.7	10.1
Salt (g)	5.30	0.95	5.49	0.80

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7 Milk **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, cereals containing 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

If you don't have a toaster, preheat the oven to 220°C/200°C fan/gas mark 7 for the **naans**. Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **lentils**.

Peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **chickpeas** in a sieve.



Add the Lentils

Once the **lentils** are cooked and the **sauce** has been cooking for 5 mins, add in the **drained lentils** to the **sauce** and stir to combine.

Simmer until the **lentils** have completely softened and the **curry** has thickened, a further 5 mins.



Simmer the Lentils

When boiling, add the **lentils** to the **water** and cook until just tender, 5-6 mins (you'll finish cooking them in the **sauce**).

Once cooked, drain in a sieve and set aside.

Meanwhile, heat a drizzle of **oil** in another large saucepan on medium heat. Once hot, add the **tikka masala paste**, **ginger puree** and **garlic**. Cook until fragrant, stirring, for 1 min.

CUSTOM RECIPE

If you're adding **diced chicken**, add it to the pan with the **tikka masala paste** and other **flavourings**. The **chicken** will cook through in the **dal**. **IMPORTANT:** *Wash your hands and its packaging. It's cooked when no longer pink in the middle.*



Finishing Touches

Cut the **naans** in half widthways, then put in your toaster until golden. Spread with the **butter** (see pantry for amount).

If you're using the oven, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins..

Add the **spinach** to the **dal** a handful at a time until wilted and piping hot, 1-2 mins. Remove from the heat. Taste and season with **salt** and **pepper** if needed. **TIP:** *If the dal is looking a little dry, just add a splash of water.*



Bring on the Dal

Stir in the **coconut milk**, **veg stock paste**, **sugar** and **water for the curry** (see pantry for both amounts) until combined, then stir through the **chickpeas**. Season with **salt** and **pepper**.

Bring to the boil, then lower the heat and simmer, stirring occasionally, for 5 mins.



Serve Up

Share the **dal** between your bowls. Add a dollop of **yoghurt** on top.

Serve the **naan** alongside for dipping and scooping.

Enjoy!