

Coconut, Lentil and Chickpea Dal

with Spinach and Naan



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









Tikka Masala

Coconut Milk

Plain Naans





Red Split Lentils





Ginger Puree



Vegetable Stock



Baby Spinach







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	11/2 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							

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Typical Values	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.

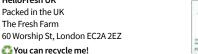
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Get Prepped

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 1/4 tsp salt for the lentils.

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

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



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 equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



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.



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.



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.



Serve Up

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

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

Enjoy!