



# Sweet Potato Coconut Dal

with Naans and Spinach

42

Classic 30-35 Minutes • Mild Spice • 3 of your 5 a day



Ginger



Sweet Potato



Lime



Tikka Masala Paste



Tomato Puree



Coconut Milk



Vegetable Stock Paste



Red Split Lentils



Plain Naans



Baby Spinach



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

Grater, saucepan, lid and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Ginger**	1	1	2
Sweet Potato	1	2	2
Lime**	½	1	1
Tikka Masala Paste	75g	112g	150g
Tomato Puree	30g	45g	60g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste <b>10)</b>	15g	20g	30g
Red Split Lentils	100g	150g	200g
Plain Naans <b>7) 13)</b>	2	3	4
Baby Spinach**	40g	100g	100g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Dal*	300ml	450ml	600ml
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	683g	100g	813g	100g
Energy (kJ/kcal)	4598 /1099	673 /161	5245 /1254	645 /154
Fat (g)	45.3	6.6	47.6	5.9
Sat. Fat (g)	26.0	3.8	26.7	3.3
Carbohydrate (g)	137.0	20.1	137.1	16.9
Sugars (g)	20.4	3.0	20.5	2.5
Protein (g)	31.8	4.7	63.2	7.8
Salt (g)	4.67	0.68	4.86	0.6

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. Be careful when adding water to hot pans while cooking.

## Contact

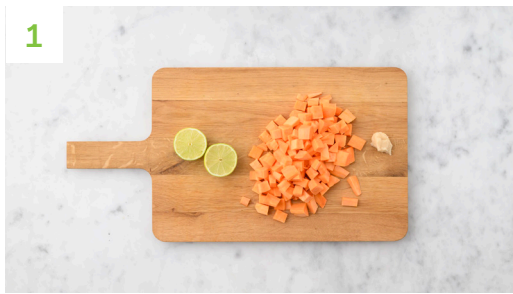
Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## 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** (see ingredients for amount).



## Heat the Naans

Meanwhile, if you don't have a toaster, heat your oven to 220°C/200°C fan/gas mark 7 for the **naans**.

When the **dal** has 5 mins left to cook, cut the **naans** in half widthways, then put in your toaster until golden. 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.

Once toasted, spread over the **butter** (see pantry for amount).



## Build the Flavour

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

Once hot, add the **ginger**, **tikka masala paste** and **tomato puree**. Stir together and cook for 1 min.

Add in the **sugar**, **water for the dal**, (see pantry for both amounts), **coconut milk** and **veg stock paste**. Stir to combine.

## CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan with the **ginger** and other **flavourings**. Continue as instructed, 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.



## Add the Spinach

Once the **dal** is cooked, stir through the **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 some **lime juice** into the **dal**. Taste and add more **salt**, **pepper** and more **lime juice** if needed, adding a splash of **water** if it's a little thick.

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

## Enjoy!