



# Korma Spiced Sweet Potato Dal

with Baby Spinach and Naan Bread

Classic 40-45 Minutes • Mild Spice • 2 of your 5 a day

20



Sweet Potato



Lentils



Coconut Milk



Curry Powder Mix



Korma Curry Paste



Vegetable Stock Paste



Lime



Plain Naans



Baby Spinach



Diced British Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Honey, 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

Sieve, ovenproof dish and lid.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Lentils	1 carton	1½ cartons	2 cartons
Coconut Milk	180ml	250ml	360ml
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Korma Curry Paste <b>9</b>	50g	75g	100g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Lime**	1	1½	2
Plain Naans <b>7</b> <b>13</b>	2	4	4
Baby Spinach**	40g	100g	100g
Diced British Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Dal*	100ml	150ml	200ml
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	620g	100g	750g	100g
Energy (kJ/kcal)	3974 /950	641 /153	4621 /1104	616 /147
Fat (g)	39.4	6.4	41.7	5.6
Sat. Fat (g)	20.6	3.3	21.2	2.8
Carbohydrate (g)	118.9	19.2	119.0	15.9
Sugars (g)	21.4	3.5	21.5	2.9
Protein (g)	23.8	3.8	55.3	7.4
Salt (g)	5.20	0.84	5.40	0.72

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

## Allergens

**7**) Milk **9**) Mustard **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, mollusc, 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.

 You can recycle me!

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



## Start the Dal

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** into 1cm chunks (no need to peel). Drain and rinse the **lentils** in a sieve.

In an appropriately sized ovenproof dish, add the **sweet potato chunks, lentils, coconut milk, curry powder mix, korma curry paste, veg stock paste, honey** and **water for the dal** (see pantry for both amounts).

Mix to combine, then season with **salt** and **pepper**.

### CUSTOM RECIPE

If you're adding **chicken**, add it to the pan with the **dal** ingredients. Continue as instructed, the **chicken** will cook through while baking. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.*



## Add the Spinach

When the **dal** is ready, remove from the oven.

Add the **spinach** to the **dal** a handful at a time until wilted and piping hot and stir in the **butter** (see pantry for amount) until melted, 1-2 mins.



## Baking Time

Pop a lid on the pan (or cover with some foil) and transfer the **dal** to the middle shelf of your oven to cook, until the **sweet potato** is softened and the **dal** has thickened slightly, 30-35 mins.



## Final Touches

Squeeze the **juice** from **half** the **lime wedges** into the **dal**.

Taste and season with **salt, pepper** and more **lime juice** if needed.

Add a splash of **water** if it's a little too thick.

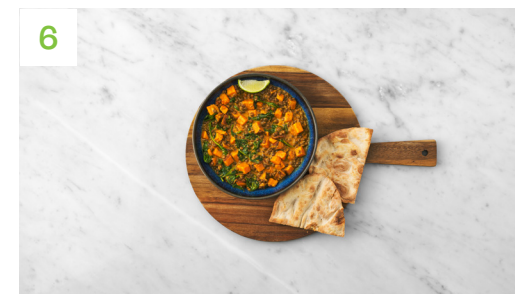


## Warm the Naans

Meanwhile, cut the **lime** into wedges.

Just before the **dal** is ready, cut the **naans** in half widthways, then put in your toaster until golden.

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



## Serve

Share the **dal** between your bowls along with the **naan** alongside for dipping.

Serve any remaining **lime wedges** alongside for squeezing over.

## Enjoy!