











# Mango Chutney Halloumi & Sweet Potato Dal

with Naan Bread and Spring Onion

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day • Veggie



-  Halloumi
-  Onion
-  Garlic Clove
-  Sweet Potato
-  Korma Curry Paste
-  Vegetable Stock Paste
-  Red Split Lentils
-  Mango Chutney
-  Plain Naans
-  Spring Onion



Dal isn't just the name for the dish, but also the lentils that make it. With warming spices and salty-sweet glazed halloumi, our Mango Chutney Halloumi & Sweet Potato dal heroes pulses as well as veg.

**Pantry Items**  
Oil, Salt, Pepper

## 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

Bowl, garlic press, baking tray, saucepan, kitchen paper and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Halloumi** 7)	225g	450g	450g
Onion	1	1	2
Garlic Clove**	2	3	4
Sweet Potato	1	2	2
Korma Curry Paste 9)	50g	100g	100g
Vegetable Stock Paste	10g	15g	20g
Red Split Lentils	100g	150g	200g
Mango Chutney	40g	80g	80g
Plain Naans 7) 13)	2	3	4
Spring Onion**	1	2	2

Pantry	2P	3P	4P
Water for the Dal*	500ml	750ml	1000ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	803g	100g
Energy (kJ/kcal)	5014/1198	625/149
Fat (g)	43.3	5.4
Sat. Fat (g)	18.4	2.3
Carbohydrate (g)	144.2	18.0
Sugars (g)	32.1	4.0
Protein (g)	53.8	6.7
Salt (g)	6.26	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 9) Mustard 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.

## Contact

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## Get Prepped

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

Drain the **halloumi**, then cut it into 2cm chunks. Place them into a small bowl of **cold water** and leave to soak. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Chop the **sweet potato** into 2cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and tender, 25-35 mins. Turn halfway through.



## Halloumi Time

Meanwhile, remove the **halloumi cubes** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **halloumi** and fry until golden, turning frequently, 4-5 mins.

Once golden, remove from the heat and add the **mango chutney** to the pan, turning the **halloumi** to coat it. Set the pan aside.



## Start your Dal

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

Once hot, add the **onion** and cook until soft, stirring occasionally, 4-5 mins.

Stir in the **korma curry paste** and **garlic**. Cook for 1 min more.

Pour in the **water for the dal** (see pantry for amount) and **veg stock paste**.



## Warm the Naans

When the **dal** has 5 mins left, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.

Meanwhile, trim and thinly slice the **spring onion**. Once roasted, stir the **sweet potato** into the **dal**.



## Simmer and Stir

Add the **red lentils** to your pan, then stir and season with **pepper**.

Bring to a simmer and cook until the **lentils** are soft, 20-25 mins. Stir frequently to make sure they don't stick to the bottom of the pan.

Add a splash of **water** if it gets too dry.



## Finish and Serve

When everything's ready, warm through the **halloumi** if necessary.

Taste the **dal** and add **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry, then share between your bowls. Spoon the **glazed halloumi** over the top.

Finish with a sprinkle of **spring onion** and serve with the **naans** alongside for scooping.

## Enjoy!