



# Black Bean and Red Lentil Dal

with Baby Spinach and Sweet Potato

Classic 40-45 Minutes • Medium Spice • 4 of your 5 a day

20



Garlic Clove



Black Beans



Lime



Sweet Potato



North Indian Style Spice Mix



Red Split Lentils



Tomato Passata



Vegetable Stock Paste



Plain Naans



Baby Spinach



Crema Fraiche



Diced British Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Butter

### + Add Chicken Breast

If you chose to add diced chicken breast, then just follow the instructions on the back of this card.

Happy cooking!

Dal isn't just the name for the dish, but also the lentils that make it. With warming spices, black beans and buttery naans on the side, our Black Bean and Red Lentil Dal heroes pulses as well as veg.



## 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

Garlic press, sieve, fine grater, baking tray, saucepan and lid.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Lime**	1	1	1
Sweet Potato	1	2	2
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Red Split Lentils	50g	100g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste	15g	20g	30g
Plain Naans 7) 13)	2	3	4
Baby Spinach**	40g	100g	100g
Crema Fraiche** 7)	75g	150g	150g
Diced British Chicken Breast**	240g	390g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Butter*	10g	15g	20g
Water for the Lentils*	300ml	450ml	600ml

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	769g	100g	899g	100g
Energy (kJ/kcal)	3895 /931	507 /121	4542 /1086	505 /121
Fat (g)	28.7	3.7	31.1	3.5
Sat. Fat (g)	11.5	1.5	12.2	1.4
Carbohydrate (g)	130.8	17.0	130.9	14.6
Sugars (g)	18.6	2.4	18.7	2.1
Protein (g)	33.3	4.3	64.8	7.2
Salt (g)	3.59	0.47	3.79	0.42


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

## Allergens

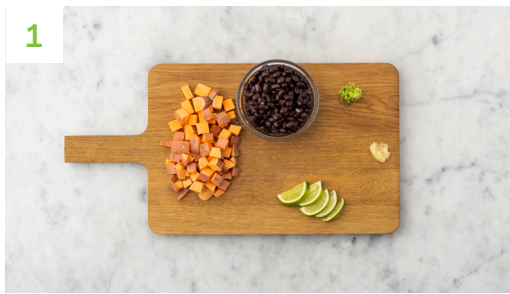
7) Milk 13) Cereals containing gluten

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.

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## Get Prepped

Preheat your oven to 240°C/220°C fan/gas mark 9.

Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** in a sieve.

Zest and halve the **lime**. Chop the **sweet potato** into 1cm chunks (no need to peel).



## Simmer your Dal

Add the **veg stock paste** and **water for the lentils** (see pantry for amount) to the pan and stir to combine.

Bring to a simmer, cover with a lid and cook, stirring frequently, until the **lentils** are soft, 20-25 mins.

Stir regularly to make sure they don't stick to the bottom of the pan and add a splash of **water** if it gets too thick.

### + Add Chicken Breast

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



## Roast the Sweet Potato

Pop the **sweet potato chunks** 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, 18-20 mins. Turn halfway through.



## Bring on the Naans

When the **dal** is almost cooked, pop the **naans** onto a baking tray.

Spread each with the **butter** (see pantry for amount) and pop into the oven to warm through, 2-3 mins.

Once roasted, stir the **sweet potato** through the **dal**. Add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.



## Build the Flavour

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

Once hot, add the **garlic** and **North Indian style spice mix**. Stir and cook until fragrant, 1-2 mins.

Stir in the **lentils**, **black beans** and **passata** and cook for 1 min more.



## Finish and Serve

When the **dal** is ready, remove from the heat. Squeeze in **half the lime juice**, then stir in the **lime zest** and **three quarters of the crema fraiche**. Taste and season if needed.

Share your **dal** between your bowls and top with a dollop of the remaining **crema fraiche**.

Serve with the **naans** for dipping and scooping. Cut the remaining **lime** into wedges for squeezing over.

## Enjoy!