



Black Bean and Red Lentil Dal

with Baby Spinach and Sweet Potato

44

Classic 40-45 Minutes • Medium Spice • 3 of your 5 a day • Veggie



-  Garlic Clove
-  Black Beans
-  Lime
-  Sweet Potato
-  North Indian Style Spice Mix
-  Red Split Lentils
-  Tomato Puree
-  Vegetable Stock Paste
-  Plain Naan Breads
-  Baby Spinach
-  Creme Fraiche

Pantry Items
Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

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	2 sachets	2 sachets	4 sachets
Red Split Lentils	50g	100g	100g
Tomato Puree	30g	60g	60g
Vegetable Stock Paste 10	15g	20g	30g
Plain Naan Breads 7 13	2	3	4
Baby Spinach**	40g	100g	100g
Creme Fraiche** 7	75g	150g	150g
Pantry	2P	3P	4P
Water for the Dal*	450ml	675ml	900ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	524g	100g
Energy (kJ/kcal)	3725 /890	712 /170
Fat (g)	25.6	4.9
Sat. Fat (g)	11.2	2.1
Carbohydrate (g)	130.5	24.9
Sugars (g)	18.2	3.5
Protein (g)	31.3	6.0
Salt (g)	3.34	0.64

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, 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.

Contact

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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 cut the **lime** into wedges. Chop the **sweet potato** into 1cm chunks (no need to peel!).



Simmer your Dal

Add the **veg stock paste** and **water for the dal** (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.



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 **baby 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 **tomato puree** 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 creme fraiche**. Taste and season if needed.

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

Serve with the **naans** for dipping and scooping, along with any remaining **lime wedges**.

Enjoy!