

Indian Sweet Potato & Coconut Dhal

with Coriander Chapati Chips

Grab your Meal Kit
with this symbol



Brown Onion



Ginger



Sweet Potato



Red Lentils



Mild North Indian
Spice Blend



Coconut Cream



Tomato Paste



Vegetable Stock



Baby Spinach
Leaves



Coriander



Chapati Wraps



Long Red Chilli
(Optional)



Greek-Style
Yoghurt



Hands-on: **30-40 mins**



Ready in: **40-50 mins**



Spicy (optional
long red chilli)

This creamy Indian dish gets a wholesome boost from lentils, which are a great source of protein and fibre. Best of all, they give extra texture and make it not just delicious, but totally and utterly satisfying.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
ginger	1 knob	2 knobs
sweet potato	1	2
red lentils	1 packet	2 packets
mild North Indian spice blend	1 sachet	2 sachets
water*	1½ cups	3½ cups
coconut cream	½ tin (200ml)	1 tin (400ml)
tomato paste	1 sachet	2 sachets
vegetable stock	1 cube	2 cubes
baby spinach leaves	1 bag (60g)	1 bag (120g)
coriander	1 bag	1 bag
chapati wraps	4	8
long red chilli (optional)	1	2
Greek-style yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4667kJ (1115Cal)	722kJ (172Cal)
Protein (g)	47.3g	7.3g
Fat, total (g)	40.8g	6.3g
- saturated (g)	23.2g	3.6g
Carbohydrate (g)	123g	19g
- sugars (g)	25.4g	3.9g
Sodium (mg)	1136mg	176mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Finely grate the **ginger**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Rinse the **red lentils**.

TIP: Cut the sweet potato to size so it cooks in time!

2



Start the dhal

Heat a drizzle of **olive oil** in a medium saucepan over a medium-high heat. Add the **onion** and cook until softened, **4-5 minutes**. Add the **ginger** and **mild North Indian spice blend**. Cook, stirring, until fragrant, **1 minute**. Add the **water**, **coconut cream** (see ingredients), **tomato paste** and the crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people). Stir to combine.

3



Simmer the dhal

Add the **sweet potato** and **red lentils** to the saucepan, then season with **salt** and **pepper**. Bring to the boil, then reduce the heat to a simmer. Cover with a lid and cook until the **lentils** are softened, **20-22 minutes**. Stir through the **baby spinach leaves** until wilted. Season to taste.

TIP: If the dhal is looking a little dry at any point, just add a splash of water.

4



Make the coriander oil

While the dhal is simmering, finely chop the **coriander**. In a small bowl, combine the **coriander** and **olive oil** (2 tbs for 2 people / 4 tbs for 4 people), then season with **salt** and **pepper**.

5



Bake the chapati strips

When the **dhal** has **10 minutes** cook time remaining, slice the **chapati wraps** into 3cm strips. Place the **chapati** strips on an oven tray lined with baking paper and drizzle with the **coriander oil**. Toss the **chapati** to coat and arrange in a single layer. Bake until golden, **6-8 minutes**. While the strips are baking, thinly slice the **long red chilli** (if using).

TIP: Use two oven trays if your chapati don't fit in a single layer.

6



Serve up

Divide the dhal between bowls. Sprinkle with the chilli (if using). Serve with the coriander chapati strips and **Greek-style yoghurt**.

Enjoy!