



Beetroot and Sweet Potato Dal

with Dukkah Garlic Flatbreads

Nº 20

CLASSIC 40 Minutes • Little Heat • 2.5 of your 5 a day • Veggie



Beetroot



Sweet Potato



Onion



Spring Onion



Lime



Garlic Clove



Flatbread



Super Dukkah Mix



Sri Lankan Curry Powder



Vegetable Stock Powder



Coconut Milk



Red Split Lentils

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Baking Tray, Fine Grater, Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Beetroot**	1 pack	1 pack	2 packs
Sweet Potato**	1	2	2
Onion**	1	1	2
Spring Onion**	2	3	4
Lime**	1	1	1
Garlic Clove**	2 cloves	3 cloves	4 cloves
Flatbread 7) 13)	4	6	8
Olive Oil for the Flatbreads*	2 tbsp	3 tbsp	4 tbsp
Super Dukkah Mix 1) 2) 3) 10)	1 pot	2 pots	2 pots
Sri Lankan Curry Powder	1 pot	1 pot	2 pots
Water for the Dal*	400ml	600ml	800ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Red Split Lentils	150g	200g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	736g	100g
Energy (kJ/kcal)	4799 /1147	652 /156
Fat (g)	37	5
Sat. Fat (g)	20	3
Carbohydrate (g)	158	21
Sugars (g)	30	4
Protein (g)	45	6
Salt (g)	2.55	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **2)** Nut **3)** Sesame **7)** Milk **10)** Celery **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Prep!

Preheat your oven to 200°C. Chop the **beetroot** into 2cm chunks (wash your hands to avoid staining) and set aside. Chop the **sweet potato** into 2cm chunks too. Pop the **sweet potato** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper** and toss to coat in the **oil**.



4. Start Cooking!

Heat a drizzle of **oil** in a large saucepan on medium heat. Once hot, add the **brown onion**, stir together and cook until softened, 5-6 mins. Stir in the **curry powder** and remaining **garlic** and cook for 1 minute. Add the **water** (see ingredients for amount), **vegetable stock powder**, **coconut milk** and **red lentils** to the saucepan.



2. Roast!

Roast the **sweet potato** on the top shelf of your oven until soft and golden, 25-30 mins. Halfway through cooking, add the **beetroot** to the tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and to turn the **sweet potato**. Continue roasting for the remaining time, then remove from the oven and set aside.



5. Simmer!

Stir everything together, bring to the boil, reduce the heat slightly and simmer gently until the **lentils** are soft, 20-25 mins. Stir every couple of minutes to check the **lentils** don't catch on the bottom of the pan. **TIP:** Add a splash of water if you feel it needs it. Meanwhile, when the **sweet potato** and **beetroot** are ready, remove from oven and place your **flatbreads** on the top shelf of your oven until golden and crispy 5-7 mins.



3. Finish the Prep

Meanwhile, halve, peel and thinly slice the **onion**. Trim the **spring onion** and thinly slice. Zest and halve the **lime**. Peel and grate the **garlic**. Halve the **flatbreads** and pop on a baking tray. Mix the **olive oil** (see ingredients for amount) with **half** the **dukkah** and **half** the **garlic**. Season with **salt** and **pepper** and drizzle over the **flatbreads**. Set aside.



6. Finish and Serve

Once the **dal** is cooked, remove from the heat and add a squeeze of **lime juice** and a pinch of **lime zest**. Taste and add **salt** and **pepper** and more **lime juice** if you feel it needs it. Stir **half** the **sweet potato** and **beetroot** into the **dal** and spoon into bowls. Serve the remaining **roasted sweet potato** and **beetroot** on top with a sprinkling of **lime zest**, **spring onion** and remaining **dukkah**. Serve the **flatbreads** on the side.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.