



Halloumi and Sweet Potato Dal

with Mango Chutney and Naan Bread

Classic 35 Minutes • Little Heat • 1.5 of your 5 a day • Veggie

18



Sweet Potato



Onion



Garlic Clove



Korma Curry Paste



Vegetable Stock Powder



Red Split Lentils



Halloumi



Spring Onion



Mango Chutney



Naan

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Baking Tray, Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Korma Curry Paste 9)	1 sachet	2 sachets	2 sachets
Water for the Dal*	500ml	750ml	1000ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Red Split Lentils	100g	150g	200g
Halloumi 7)**	1 block	1½ blocks	2 blocks
Spring Onion**	1	2	2
Mango Chutney	1 sachet	2 sachets	2 sachets
Naan 7) 13)	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	545g	100g
Energy (kJ/kcal)	4638/1109	852/204
Fat (g)	41	8
Sat. Fat (g)	20	4
Carbohydrate (g)	133	25
Sugars (g)	32	6
Protein (g)	52	10
Salt (g)	6.04	1.11

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 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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HelloFresh UK

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 You can recycle me!



Get Prepped

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel). Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Pop the **sweet potato** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and spread out in a single layer. Roast in on the top shelf of your oven until golden and tender, 25-30 mins. Turn halfway through cooking.



Finish the Prep

Meanwhile, cut the **halloumi** in half through the middle, then cut into 2cm chunks. Trim the **spring onion** and thinly slice. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **halloumi**, fry until golden on all sides, turning often, 3-5 mins total (cook in batches if you need to). Remove the pan from the heat and add the **mango chutney**. Turn to coat the **halloumi** in the **chutney**. Set the pan aside off the heat.



Start the Dal

Heat a drizzle of **oil** in a large saucepan on a medium-heat. Add the **onion** and cook until soft, stirring occasionally, 4-5 mins. Add the **korma paste** and **garlic**. Stir together and cook for a minute more. Pour in the **water** (see ingredients for amount) and **vegetable stock powder**. Stir to dissolve the **stock**.



Finish the Dal

Pop the **naans** into the oven for the last 3-4 mins of dal cooking time to warm through. Once the **sweet potato** is roasted, stir it into the dal. Once the dal is cooked, taste and add **salt** and **pepper** if you feel it needs it, along with a splash of **water** if it's a little dry.



Simmer!

Add the **red lentils** to your pan, stir and season with **pepper**. Bring to a simmer and cook until they are soft, 20-25 minutes. Stir frequently to make sure they don't stick to the bottom of the pan! **TIP:** If the dal is looking a little dry, just add a splash of water.



Finish and Serve

Serve the **dal** in bowls, warm through the **halloumi** if necessary and spoon on top of the **dal** along with a sprinkling of **spring onion**. Serve with the **naan** alongside.

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.