



Sweet Potato Coconut Dal

with Dukkah Salsa and Cheat's Chapati

Classic 35 Minutes • Medium Spice • 2 of your 5 a day • Plant-Based

21



Onion



Ginger



Sweet Potato



Sri Lankan Curry Powder



Tomato Purée



Coconut Milk



Vegetable Stock Powder



Red Split Lentils



Coriander



Lime



Super Dukkah Mix



Wholemeal Tortilla



Baby Spinach

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Vegetable Peeler, Saucepan, Measuring Jug, Small Bowl, Frying Pan, Plate and Aluminium Foil.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Ginger**	1	1	2
Sweet Potato**	1	2	2
Sri Lankan Curry Powder	1 pot	1½ pots	2 pots
Tomato Purée	1 sachet	1½ sachets	2 sachets
Water for the Dal*	300ml	450ml	600ml
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Red Split Lentils	100g	150g	200g
Coriander	1 bunch	1 bunch	1 bunch
Lime	½	1	1
Super Dukkah Mix 1) 2) 3) 10)	1 pot	1½ pots	2 pots
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Wholemeal Tortilla 13)	4	6	8
Baby Spinach**	1 small bag	1 large bag	2 small bags

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	548g	100g
Energy (kJ/kcal)	3473 /830	634 /152
Fat (g)	31	6
Sat. Fat (g)	18	3
Carbohydrate (g)	111	20
Sugars (g)	19	4
Protein (g)	28	5
Salt (g)	2.54	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **2)** Nut **3)** Sesame **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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Get Prepped

Halve, peel and chop the **onion** into small pieces. Peel and grate the **ginger**. Peel the **sweet potato**, then chop into 2cm chunks.



Make the Salsa

Meanwhile, roughly chop the **coriander** (stalks and all). Zest and halve the **lime**. Pop the **lime zest** in a bowl with the **Dukkah mix** and **coriander**. Add the **olive oil** for the **salsa** (see ingredients for amount), a squeeze of **lime juice** and a pinch of **salt** and **pepper**. Mix together and leave to one side.



Start the Dal

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **onion**. Cook until soft, 4-5 mins, stirring occasionally. Add the **ginger**, **Sri Lankan curry powder** and **tomato purée**. Stir together and cook for 1 minute more. Pour in the **water** (see ingredients for amount), **coconut milk** and **vegetable stock powder**. Stir to dissolve the **stock**.



Make the 'Chapatis'

Meanwhile, heat a large frying pan on high heat (don't add any oil). When the pan is hot, dry fry your **wholemeal tortillas** for 30 seconds on each side. You want your **tortillas** to char slightly, so keep an eye on them. Transfer each **tortilla** to a plate making a chapati pile. Keep them warm by covering the plate with foil.



Simmer the Dal

Add the **sweet potato** and **red lentils** to your pan and season with **salt** and **pepper**. Bring to a simmer, cover with a lid and cook, stirring frequently, until the **lentils** and **sweet potato** are soft, 20-25 mins. **TIP:** If the dal is looking a little dry, just add a splash of water.



Finish and Serve

Once the **dal** is cooked, stir through the **baby spinach** a handful at a time until it has wilted, 1-2 mins. Squeeze in a little **lime juice**. Taste and add more **salt**, **pepper** or **lime juice** if you feel it needs it. Serve in bowls with the **Dukkah salsa** on top and the **chapatis** 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.