



JAN
2017

Coconut Dal with Naan Bread

We think this lentil dal is the ultimate comfort food on a cold winter's night! Delicious and fluffy naan bread is the perfect utensil to scoop up this coconut-ty goodness.



Red Lentils



Spinach



Onion



Cilantro



Long Red Chili



Coconut Milk



Dal Spice Blend



Unsweetened
Coconut



Naan Bread



Garlic




Ginger



Vegetable Broth
Concentrate

Ingredients

	2 People	4 People
Red Lentils	1 pkg (227 g)	2 pkg (454 g)
Spinach	1 pkg (113 g)	2 pkg (227 g)
Onion, chopped	1 pkg (113 g)	2 pkg (227 g)
Cilantro	1 pkg (7 g)	2 pkg (14 g)
Long Red Chili 	1	1
Coconut Milk	1 can	2 can
Dal Spice Blend 2)	1 pkg (2½ tbsp)	2 pkg (5 tbsp)
Coconut, shredded	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Naan Bread 1) 3) 4) 5)	2	4
Garlic	1 pkg (10 g)	2 pkg (20 g)
Ginger	30 g	60 g
Vegetable Broth Concentrate	1 pkg	2 pkg
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Mustard/Moutarde
- 3) Milk/Lait
- 4) Egg/Oeuf
- 5) Soy/Soja

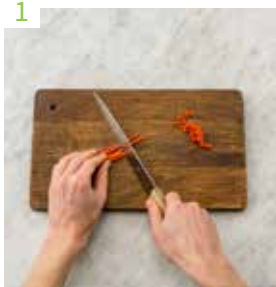
Tools

Medium Pot, Measuring Cups, Measuring Spoons, Large Pan

Nutrition per person Calories: 920 cal | Fat: 46 g | Protein: 36 g | Carbs: 95 g | Fibre: 18 g | Sodium: 278 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Wash and dry all produce. Finely chop the **cilantro**. Finely chop the **chili**. Peel and mince **1 tbsp ginger** (double for 4 people) Mince or grate the **garlic**.

3



2 Heat a medium pot over medium heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring occasionally until golden, 5-6 min. Add the **garlic, ginger, spice blend** and as much **chili** as you dare. Cook until fragrant, 1 min.

3 Add **1½ cup water** (double for 4 people) to the pot, along with the **broth concentrate(s), coconut milk** and **lentils**. Bring to a gentle boil and cook, stirring often, until the lentils are soft, 14-15 min.

4



4 Warm the naan: Heat a large pan over high heat. Add one **naan** at a time to the dry pan and cook until warmed through, 1-2 min per side. Repeat for remaining **naan**.

5 Finish and serve: Mix the **spinach** into the dal until wilted, 2 min. Divided the **dal** between bowls and sprinkle with the **cilantro** and **shredded coconut**. Serve the **naan** on the side to scoop up the **dal**. Enjoy!

DID YOU KNOW? The word 'dal' refers both to lentils themselves and the soups made from lentils. This dish is a staple of Indian cuisine as the legumes are readily available and high in protein.

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