



# Warming Lentil Dal

with Ginger Rice and Cilantro Flatbreads

Veggie

35 Minutes



Red Lentils



Basmati Rice



Flatbread



Red Onion, chopped



Beefsteak Tomato



Baby Spinach



Ginger



Cilantro



Mild Curry Paste



Indian Spice Mix



Garlic Salt



Crispy Shallots

HELLO GINGER

*Peel ginger using a spoon's edge — you'll be able to maneuver around the knobby bits more easily!*

## Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, silicone brush, strainer, medium pot, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Red Lentils	1 cup	2 cup
Basmati Rice	¾ cup	1 ½ cups
Flatbread	2	4
Red Onion, chopped	113 g	226 g
Beefsteak Tomato	340 g	680 g
Baby Spinach	113 g	227 g
Ginger	30 g	60 g
Cilantro	14 g	28 g
Mild Curry Paste	2 tbsp	4 tbsp
Indian Spice Mix	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Crispy Shallots	28 g	56 g
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## Cook veggies

Cut **tomatoes** into ½-inch pieces. Heat a large pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **tomatoes**. Cook, stirring occasionally, until tender, 4-6 min.

4



## Cook lentils

Add **lentils** and **3 cups water** (5 cups for 4 ppl) to the same pot. Bring to a boil over high. Once boiling, reduce heat to medium. Cook, stirring often to prevent sticking, until **lentils** are tender, 12-15 min. Add **spinach**. Stir until wilted, 1 min. Season with **salt** and **pepper**, to taste. (**NOTE:** If needed, thin out dal with 1-2 tbsp water).

2



## Cook rice

Meanwhile, peel, then mince or grate **ginger**. Heat a medium pot over medium heat. When hot, add **½ tbsp oil**, then **½ tbsp ginger** (dbl both for 4 ppl) and **rice**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.

5



## Toast flatbreads

Meanwhile, roughly chop **cilantro**. Arrange **flatbreads** on an unlined baking sheet. Brush **½ tbsp oil** (dbl for 4 ppl) over **tops of flatbreads**. Season with **salt** and **pepper**, then sprinkle with **1 tbsp cilantro** (dbl for 4 ppl). Toast in the **middle** of the oven until golden-brown, 2-5 min. (**TIP:** Keep an eye on flatbreads, so they don't burn!)

3



## Rinse lentils and toast spices

Meanwhile, using a strainer, rinse **lentils** until **water** runs clear. Add **curry paste**, **Indian Spice Mix**, **garlic salt** and **remaining ginger** to the pot with **veggies**. Cook, stirring often, until fragrant 1-2 min.

6



## Finish and serve

Fluff **rice** with a fork, then stir in **1 tbsp cilantro** (dbl for 4 ppl). Divide **rice** between bowls. Top with **lentil dal**. Sprinkle **crispy shallots** and **remaining cilantro** over top. Serve **flatbreads** alongside for dipping.

## Dinner Solved!