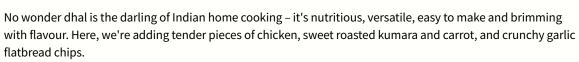


# **CHICKEN & KUMARA DHAL**

with Garlic Flatbread Chips & Greek Yoghurt







Make garlic flatbread chips!









Ginger



**Red Lentils** 



Chicken Thigh



Mild North Indian Spice Blend



Tomato Paste



Coconut Cream



Chicken Stock



**Baby Spinach** 



Mini Flour Tortillas



**Greek Yoghurt** 

Hands-on: 30 mins Ready in: 50 mins

Eat me early

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• large saucepan with a lid • oven tray lined with baking paper



### **GET PREPPED**

Preheat the oven to 220°C/200°C fanforced. Cut the kumara (unpeeled) and carrot (unpeeled) into 1cm chunks. Place the kumara and carrot on an oven tray lined with baking paper, drizzle with olive oil and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**. Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Rinse the red lentils. Cut the chicken thigh into 2cm chunks.



#### START THE DHAL

In a large saucepan, heat a drizzle of olive oil over a high heat. Add the chicken thigh and cook, tossing, until browned and cooked through, 3-4 minutes. Season with salt and pepper and transfer to a plate and cover to keep warm. Return the pan to a mediumhigh heat with a drizzle of olive oil, and add the ginger, mild North Indian spice blend and tomato paste and cook, stirring, until fragrant, **1 minute**. Add the water, coconut **cream** and the crumbled **chicken stock** cubes. Stir to combine.



#### **COOK THE DHAL**

Add the red lentils to the saucepan. Bring to the boil, then reduce the heat to a simmer. Cover with a lid and cook until the **lentils** are softened, 10 minutes. Remove the lid and cook, until thickened, 12-15 minutes. Once thickened, stir through the salt, baby spinach leaves, chicken thigh (and any resting juices), roasted vegetables and a pinch of **pepper**, until warmed through. \*TIP: If the dhal is looking a little dry at any point, just add a splash of water.



MAKE THE GARLIC OIL While the dhal is simmering, in a small bowl, combine 1 tbs of olive oil, the garlic and a pinch of salt and pepper.



### BAKE THE FLATBREAD CHIPS

When the dhal has **10 minutes** cook time remaining, slice the **mini flour tortillas** into 3cm strips. Place the **tortilla** strips in a single layer on an oven tray lined with baking paper and drizzle or brush with the garlic oil. Bake until golden, 6-8 minutes.

TIP: Use two oven trays if your tortilla strips don't fit in a single layer.



## **SERVE UP**

Divide the chicken and kumara dhal between bowls. Dollop over the Greek **yoghurt**. Serve with the garlic flatbread chips.

**ENJOY!** 

# **INGREDIENTS**

	4 ED	
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olive oil*	refer to method	
kumara	1	
carrot	1	
ginger	1 knob	
garlic	2 cloves	
red lentils	2 packets	
chicken thigh	1 packet	
mild North Indian spice blend	2 sachets	
tomato paste	2 tins	
water*	2 cups	
coconut cream	1 tin (400ml)	
chicken stock	2 cubes	
salt*	¼ tsp	
baby spinach leaves	1 bag (60g)	
mini flour tortillas	6	
Greek yoghurt	2 packets (100g)	

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	4060kJ (970Cal)	765kJ (183Cal)
Protein (g)	52.6g	9.9g
Fat, total (g)	45.2g	8.5g
- saturated (g)	31.1g	5.9g
Carbohydrate (g)	83.5g	15.7g
- sugars (g)	19.6g	3.7g
Sodium (g)	723mg	136mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

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