



CHICKEN & KUMARA DHAL

with Garlic Flatbread Chips & Greek Yoghurt



Make garlic flatbread chips!



Kumara



Carrot



Ginger



Garlic



Red Lentils



Chicken Thigh



Mild North Indian Spice Blend



Tomato Paste



Coconut Cream



Chicken Stock



Baby Spinach Leaves



Mini Flour Tortillas



Greek Yoghurt

Hands-on: 30 mins
Ready in: 50 mins

Eat me early

No wonder dhal is the darling of Indian home cooking – it's nutritious, versatile, easy to make and brimming with flavour. Here, we're adding tender pieces of chicken, sweet roasted kumara and carrot, and crunchy garlic flatbread chips.

Pantry Staples: Olive Oil

BEFORE YOU START

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**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. 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.



2 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 medium-high 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.



3 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.*



4 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**.



5 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.*



6 SERVE UP

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

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
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	PER 100G
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](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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