



Paneer & Red Lentil Coconut Dhal

with Basmati Rice & Coriander

Grab your Meal Kit with this symbol



Basmati Rice



Brown Onion



Carrot



Asian Greens



Ginger



Red Lentils



Paneer Cheese



Mild North Indian Spice Blend



Coconut Cream



Tomato Paste



Vegetable Stock Powder



Coriander

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Dhal is the ultimate bowl of goodness – rich in protein, a good source of fibre and full of aromatic flavours. The coconut cream balances the spices to create a meal that's both delectable and nourishing.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	1 (medium)	1 (large)
carrot	1	2
Asian greens	1 packet	1 packet
ginger	1 knob	2 knobs
red lentils	1 packet	2 packets
paneer cheese	1 block	2 blocks
mild North Indian spice blend	1 sachet	2 sachets
water* (for the dhal)	2 cups	4 cups
coconut cream	1 tin (200ml)	1 tin (400ml)
tomato paste	1 packet	2 packets
vegetable stock powder	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
coriander	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	5600kJ (1340Cal)	923kJ (221Cal)
Protein (g)	58.1g	9.6g
Fat, total (g)	65.9g	10.8g
- saturated (g)	49.2g	8.1g
Carbohydrate (g)	123g	20.2g
- sugars (g)	22.5g	3.7g
Sodium (mg)	1110mg	182mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the rice

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: *The rice will finish cooking in its own steam so don't peek!*



2. Get prepped

While the rice is cooking, finely chop the **brown onion**. Grate the **carrot** (unpeeled). Roughly chop the **Asian greens**. Finely grate the **ginger**. Rinse the **red lentils**. Cut the **paneer cheese** into 2cm cubes.



3. Start the dhal

In a large saucepan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and **carrot** and cook until softened, **4-5 minutes**. Add the **ginger** and **mild North Indian spice blend**. Cook, stirring, until fragrant, **1 minute**. Add the **water (for the dhal)**, **coconut cream**, **tomato paste** and the **vegetable stock powder**. Stir to combine.



4. Add the lentils

Add the **red lentils** to the saucepan and bring to the boil, then reduce the heat to a simmer. Cover with a lid and cook until the **lentils** are softened, **20-22 minutes**. Stir through the **salt** and **Asian greens** until wilted.

TIP: *If the dhal is looking a little dry at any point, just add a splash of water.*



5. Finish the dhal

While the dhal is cooking, heat a medium frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **paneer** and cook, tossing, until golden, **4 minutes**. While the paneer is cooking, roughly chop the **coriander**. When the **dhal** has finished cooking, add the **paneer** and stir until combined.



6. Serve up

Divide the basmati rice between bowls and top with the paneer and red lentil coconut dhal. Garnish with the coriander.

Enjoy!