



Pea and Lentil Dahl

with apple and warm naan

Veggie 35-40 mins

7



Onion



Garlic



Apple



Ginger



Curry Powder



North Indian Style Spice Mix



Lentils



Coconut Milk



Naan



Mint



Peas



Lime

Pantry Items: Salt, Pepper, Oil, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pot with lid, sieve

Ingredients

	2P	4P
Onion	1 unit	2 units
Garlic	2 units	4 units
Apple	1 unit	2 units
Ginger	1 unit	2 units
Curry Powder	1 sachet	2 sachets
North Indian Style Spice Mix	1 sachet	2 sachets
Lentils	1 pack	2 packs
Coconut Milk	1 pack	2 packs
Naan	2 units	4 units
Mint	5 g	10 g
Peas	120 g	240 g
Lime	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	639.5 g	100 g
Energy (kJ/kcal)	3339 kJ/ 798 kcal	522 kJ/ 125 kcal
Fat (g)	21.2 g	3.3 g
Sat. Fat (g)	15.4 g	2.4 g
Carbohydrate (g)	116.8 g	18.3 g
Sugars (g)	35.6 g	5.6 g
Protein (g)	35 g	5.5 g
Salt (g)	3.69 g	0.58 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



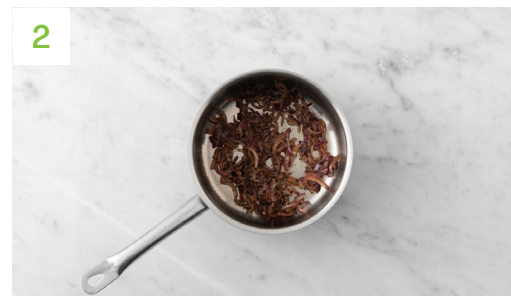
Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and thinly slice the **onion**.
- Drain and rinse the **lentils** in a sieve.
- Coarsely grate the **apple**.
- Peel and grate the **garlic** and **ginger** (use a teaspoon to easily scrape away the peel).



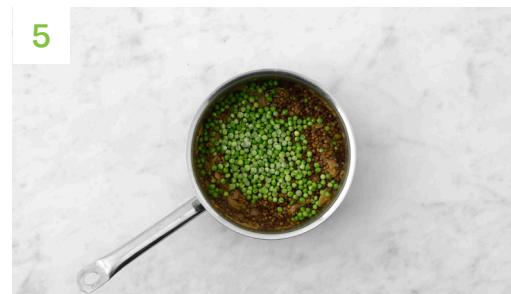
Warm the Naan

- When 5 mins of cooking time remain for the dahl, sprinkle the **naans** with a little **water**.
- Pop into the oven to warm through, 2-3 mins.
- Meanwhile, pick the **mint** leaves and roughly chop.
- Quarter the **lime**.



Soften the Onion

- Place a large pot over medium heat with a drizzle of **oil**.
- Add the **North Indian spice mix** and **curry powder** and cook until fragrant, 1 min.
- Add the **garlic**, **onion** and **ginger** and cook until softened, 2-3 mins.



Add the Peas

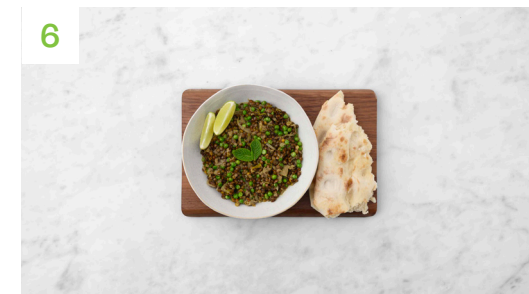
- In the final 2 mins of cooking, add the **peas** to the dahl.
- Stir to combine and allow to warm through, 1-2 mins.



Simmer the Lentils

- Add the **lentils** and **apple** to the pot and mix well to combine.
- Stir in the **coconut milk** along with 200ml **water** (double for 4p).
- Reduce the heat and cook the dahl, covered, for 10-12 mins.
- Remove the lid and allow to cook until **lentils** are tender, a further 5 mins. Season with **salt** and **pepper**.

TIP: Loosen the curry with a splash of water if it becomes too dry.



Finish and Serve

- Finish the dahl with a squeeze of **lime** juice.
- Divide the dahl between bowls and garnish with a sprinkling of **mint**.
- Serve with **naan** and remaining **lime** wedges alongside.

Enjoy!