



Pea and Lentil Dahl

with warm naan bread

Veggie 20-25 mins • Spicy

7



Onion



Garlic



Ginger



Curry Powder



North Indian Style Spice Mix



Lentils



Coconut Milk



Naan



Peas



Lime



Rogan Josh Curry Paste



Cranberry Chutney

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	2 units	4 units
Garlic	2 units	4 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
Peas	120 g	240 g
Lime	1 unit	2 units
Rogan Josh Curry Paste	1 sachet	2 sachets
Cranberry Chutney	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	624.5 g	100 g
Energy (kJ/kcal)	3340 kJ/ 798 kcal	535 kJ/ 128 kcal
Fat (g)	22 g	3.5 g
Sat. Fat (g)	15.5 g	2.5 g
Carbohydrate (g)	113.7 g	18.2 g
Sugars (g)	33.4 g	5.4 g
Protein (g)	35.2 g	5.6 g
Salt (g)	4.9 g	0.8 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.

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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.
- Peel and grate the **garlic** (or use a garlic press).
- Peel and grate the **ginger** (use a teaspoon to easily scrape away the peel).



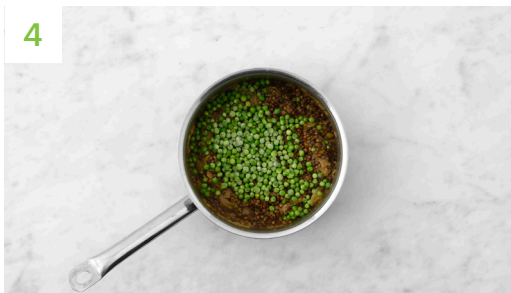
Soften the Onion

- Place a large pot over medium heat with a drizzle of **oil**.
- Add the **onion** and cook until softened, 4-5 mins.
- Add the **ginger, garlic, North Indian spice** and **curry powder**.
- Cook until fragrant, 1 min.



Simmer the Lentils

- Add the **lentils** to the pot and mix well to combine.
- Stir in the **coconut milk** along with 150ml **water** and ¼ tsp **salt** (double both for 4p).
- Cover and cook the dahl for 10-12 mins.



Add the Peas

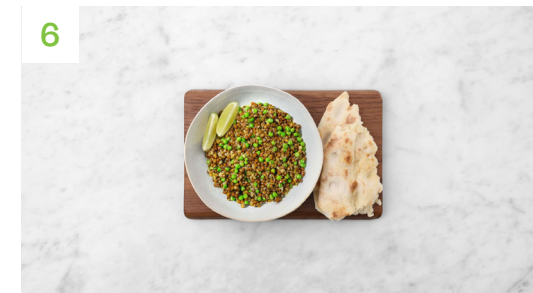
- Remove the pot from the heat.
- Stir in the **peas, rogan josh paste** and **cranberry chutney**.
- Season to taste with **salt** and **pepper**.

TIP: Loosen the dahl with a splash of water if you feel it's too dry.



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.
- Quarter the **lime**.



Finish and Serve

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

Enjoy!