



Crispy Broccoli Dahl

with coriander and rice

Veggie 45 – 50 mins

7



Onion



Ginger



Chilli



Coriander



North Indian Style Spice Mix



Stock



Lentils



Coconut Milk



Rice



Lime



Broccoli

Pantry Items: Oil, Salt, Pepper, 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

Baking sheet with baking paper, grater, pan with lid, pot with lid, sieve

Ingredients

	2P	4P
Onion	1 unit	2 units
Ginger	1 unit	2 units
Chilli	1 unit	2 units
Coriander	5 g	10 g
North Indian Style Spice Mix	2 sachets	4 sachets
Stock	1 sachet	2 sachets
Lentils	1 pack	2 packs
Coconut Milk	1 pack	2 packs
Rice	150 g	300 g
Lime	1 unit	2 units
Broccoli	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	724.5 g	100 g
Energy (kJ/kcal)	3171.5 kJ/ 758 kcal	437.7 kJ/ 104.6 kcal
Fat (g)	20.7 g	2.9 g
Sat. Fat (g)	14.7 g	2 g
Carbohydrate (g)	111.5 g	15.4 g
Sugars (g)	27.3 g	3.8 g
Protein (g)	36.1 g	5 g
Salt (g)	3.3 g	0.5 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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Roast the Broccoli

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Pop the **broccoli** onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until the edges are crispy and slightly charred, 10-15 mins.



Cook the Lentils

- Place a large pan over high heat with a drizzle of **oil**.
- Fry the **onion** and **chilli** (use less if you don't like spice) for 2-3 mins then add the **North Indian spice mix** and **ginger**.
- Add the **lentils**, **coconut milk**, and diluted **stock** to the pan.
- Add the juice of **half** the **lime** wedges.
- Reduce the heat to medium, cover and simmer, 10-15 mins. Season to taste with **salt** and **pepper**.



Get Prepped

- Dilute the **stock** with 350ml hot **water** (double for 4p). Stir the **coconut milk** (or shake the packet) to dissolve any lumps.
- Finely chop the **onion**.
- Peel and grate the **ginger**.
- Deseed and mince the **chilli**. Finely chop the **coriander**.
- Drain and rinse the **lentils**. Quarter the **lime**.



Finishing Touches

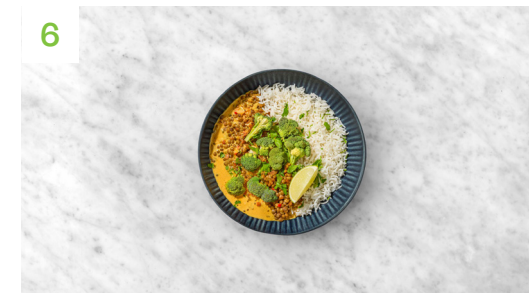
- Once the dahl is cooked, stir in **two-thirds** of the roasted **broccoli**.



Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

TIP: If you're in a hurry you can boil the water in your kettle.



Finish and Serve

- Arrange the **rice** in deep plates or bowls.
- Top first with **lentil** dahl, then the remaining roasted **broccoli**.
- Finish with a scattering of **coriander**.
- Serve remaining **lime** wedges on the side.

Enjoy!