

Sri Lankan Palak Dal

with Basmati Rice

hellóchef

As healthy and light as a curry can be – without compromising on flavour!

Cals 695 • Prot 40 • Carbs 146 • Fat 5

Vegan

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🕒 cook: 40 min

R2031



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

| Curry | 2 ppl | 3 ppl | 4 ppl | |
|--------------------------|-------|-------|-------|-------|
| Red onion | 1 | 2 | 2 | Piece |
| Garlic cloves | 4 | 6 | 8 | Piece |
| Ginger | 30 | 45 | 60 | Grams |
| Spinach | 200 | 400 | 400 | Grams |
| Olive oil | 2 | 3 | 4 | Tbsp |
| Salt | 0.5 | 0.5 | 0.5 | Tsp |
| Tomato paste | 70 | 70 | 140 | Grams |
| Coriander cumin powder | 4 | 4 | 8 | Grams |
| Chilli flakes | 2 | 2 | 4 | Grams |
| Turmeric powder | 2 | 4 | 4 | Grams |
| Garam masala | 2 | 2 | 2 | Grams |
| Red lentils | 160 | 200 | 300 | Grams |
| Water | 500 | 800 | 1000 | ML |
| Vegetable stock cube 15* | 1 | 1 | 2 | Piece |
| To serve | | | | |
| Fresh coriander | 15 | 15 | 15 | Grams |
| Lemon | 1 | 1 | 1 | Piece |
| Rice | | | | |
| Basmati rice | 150 | 225 | 300 | Grams |
| Water | 300 | 450 | 600 | ML |
| Salt | 0.5 | 1 | 1 | Tsp |

Allergens

*15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

| Nutritional information | Per Serving* |
|-------------------------|--------------|
| Energy (kJ/kcal) | 2907 / 695 |
| Fat (g) | 4.7 |
| of which saturates (g) | 0.6 |
| Carbohydrate (g) | 146 |
| of which sugars (g) | 9.4 |
| Fiber (g) | 18.3 |
| Protein (g) | 39.6 |
| Salt (g) | 0.7 |

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and finely chop the **onion** and **garlic**. Peel and grate the **ginger**. Trim and roughly chop the **spinach**.



2 Fry

Heat a pot over a medium-high heat with a drizzle of **oil**. Add the **onion** and fry with a pinch of **salt** for 5 min. Add the **garlic, ginger, tomato paste, coriander cumin powder, chilli flakes (spicy!), turmeric** and **garam masala**. Cook for 2 min.

Tip! Sensitive to spice? Go easy on the chilli flakes!



3 Simmer

Add the **red lentils, measured water** and **vegetable stock cube**. Bring to a simmer and reduce the heat to low. Cover and simmer for 20 min. Add the **spinach** and simmer for a final 5-8 min or until the **lentils** and **spinach** are soft. Stir occasionally.



4 Cook rice

Meanwhile, add the **basmati rice, measured water** and a pinch of **salt** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until serving. Fluff with a fork before serving.



5 Serve

Serve the **dal** with the **basmati rice** and a squeeze of **lemon** juice. Top with the **coriander leaves**.