

# Sri Lankan Dhal

## with Coconut Sambal and Coriander Chutney

hellóchef

Although this recipe is made up of four components, it's quick and easy to prepare. Ready in under 30 minutes!

Cals 831 • Prot 35 • Carbs 112 • Fat 33

Vegan

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🕒 cook: 30 min

R2573





Before you start

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

Ingredients

Dhal	2 ppl	3 ppl	4 ppl	
Shallots	2	2	4	Piece
Tomatoes	2	3	4	Piece
Small green chilli	1	1	2	Piece
Red lentils	200	300	400	Grams
Salted vegan butter	20	30	30	Grams
Turmeric powder	2	4	4	Grams
Curry leaves	6	6	6	Piece
Water	400	600	800	ML
Vegetable stock cube 15*	1	1	2	Piece

Coconut sambal

Desiccated coconut	20	30	40	Grams
Chilli powder	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Lime	2	3	4	Piece

Coriander chutney

Fresh mint	10	20	20	Grams
Fresh coriander	15	15	15	Grams
Ginger	30	45	60	Grams
Garlic cloves	1	2	2	Piece
White vinegar	15	22	30	ML
Black salt	2	2	4	Grams
Olive oil	2	3	4	Tbsp

To serve

Avocado	1	2	2	Piece
Crispy onions	20	30	40	Grams

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)	3473 / 831
Fat (g)	33
of which saturates (g)	9.1
Carbohydrate (g)	112
of which sugars (g)	16.7
Fiber (g)	28
Protein (g)	34.9
Salt (g)	1.5

\*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 vegetables

Peel, halve and finely slice the **shallots**. Roughly chop the **tomatoes**. Slice the **green chilli**. Thoroughly rinse the **lentils** under cold water.



2 Make dhal

Heat a large pan over a medium heat. Add the **vegan butter, shallots, green chilli (spicy!), turmeric, and curry leaves**. Fry for 1 min. Add the **tomatoes, lentils, measured water** and **vegetable stock cube**. Simmer for 20 min until the **lentils** are soft.



3 Make sambal

Meanwhile, combine the **desiccated coconut, chilli powder (spicy!)** and a pinch of **salt** with the juice of the **limes** – this is your **coconut sambal**.



4 Prep chutney

Roughly chop the **mint leaves** (discard the stalks) and **coriander**. Peel and chop the **ginger** and **garlic**. Add the **mint, coriander, ginger, garlic, white vinegar, black salt** and a very generous drizzle of **olive oil** to a food processor. Blend until very smooth – this is your **chutney**.



5 Avocado

Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it.



6 Serve

Serve the sliced **avocado** over the **dhal** with the **coconut sambal** and **coriander chutney** to the side. Top with the **crispy onions**.