

One-pot Chicken Dal

with Quick-pickled Cucumber

hellóchef

Lentils are packed with fiber, folic acid, and potassium. This makes them excellent promoters of heart health.

Cals 728 • Prot 57 • Carbs 86 • Fat 20

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🕒 cook: 35 min

R2759



Before you start

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

Ingredients

Dal	2 ppl	3 ppl	4 ppl	
Pulled chicken	300	300	600	Grams
Brown onion	1	1	2	Piece
Tomatoes	1	2	2	Piece
Curry leaves	6	12	12	Grams
Ghee 4*	20	30	45	Grams
Salt	0.5	1	1	Tsp
Ginger garlic paste	20	30	40	Grams
Curry powder	5	8	10	Grams
Turmeric powder	2	4	4	Grams
Garam masala	2	4	4	Grams
Cumin powder	2	2	4	Grams
Red lentils	160	200	300	Grams
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Water	800	1000	1400	ML
Black pepper	0.5	0.5	1	Tsp
Lime	1	2	2	Piece
Mango chutney	50	75	100	Grams

Cucumber

Fresh coriander	15	15	15	Grams
Salt	0.5	0.5	1	Tsp
Brown sugar	5	5	10	Grams
Rice vinegar	15	22	30	ML
Cucumber	2	3	4	Piece

Allergens

*4 Milk, *5 Eggs, *9 Soya, *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)	3046 / 728
Fat (g)	20
of which saturates (g)	9.6
Carbohydrate (g)	86
of which sugars (g)	25.9
Fiber (g)	14.1
Protein (g)	57.2
Salt (g)	6

*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 veg

Peel and finely chop the **onion**. Roughly chop the **tomatoes**. Pick the **coriander leaves** and finely chop them. Finely chop the stalks. Keep the stalks and **leaves** separate.



2 Fry onion

Heat a large non-stick pan over a medium heat with the **ghee**. Once melted, add the **onion** with a pinch of **salt** and cook for 5 min until softened. Once softened, add the **ginger garlic paste, coriander stalks, curry powder, turmeric powder, garam masala** and **cumin** and cook for 1 min further.



3 Simmer

Add the **lentils, chicken stock cube, curry leaves, measured water** and **tomatoes**. Bring to a boil, then simmer, covered, for 15-20 min or until the **lentils** are softened.



4 Prep cucumber

Meanwhile, add the **sugar** and **rice vinegar** to a bowl and mix until the **sugar** has dissolved. Finely chop the **cucumber**. Add the **cucumber** and half of the **coriander** to the bowl with a pinch of **salt**. Set aside.

Tip! Pickle the cucumbers up to 24 hours in advance.



5 Add chicken

After 15-20 min of simmering, add the **pulled chicken** to the pan and simmer for 5 min further.



6 Serve

Finish the **dal** with a squeeze of **lime** juice, a crack of **black pepper** and the remaining **coriander leaves**. Serve the **pickled cucumber** and **mango chutney** to the side.