

# Mushroom Dal

## with Coriander Chutney

hellóchef

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

Cals 507 • Prot 19 • Carbs 58 • Fat 24

Vegan

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🕒 cook: 50 min

R2813





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	
Brown onion	1	1	2	Piece
Small red chilli	1	2	2	Piece
Cardamom pods	4	6	8	Piece
Tomatoes	1	2	2	Piece
Vegetable oil	1	2	2	Tbsp
Turmeric powder	2	4	4	Grams
Cumin powder	2	4	4	Grams
Ginger garlic paste	20	30	40	Grams
Toor dal	150	200	300	Grams
Vegetable stock cube 15*	1	1	2	Piece
Water	900	1400	1800	ML
Coconut cream	200	200	400	Grams
Chutney				
Large green chilli	1	1	2	Piece
Ginger	30	45	60	Grams
Fresh mint	10	20	30	Grams
Fresh coriander	15	30	30	Grams
Lemon	1	2	2	Piece
Black salt	2	2	2	Grams
Brown sugar	5	5	10	Grams

Mushrooms

Chestnut mushrooms	250	250	500	Grams
Portabello mushroom	2	4	4	Piece
Vegetable oil	1	2	2	Tbsp
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/koal)	2119 / 507
Fat (g)	24.4
of which saturates (g)	21.1
Carbohydrate (g)	58
of which sugars (g)	13.3
Fiber (g)	15.2
Protein (g)	19.2
Salt (g)	5.7

\*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 veg

Preheat the oven to 200°C/180°C fan. Roughly chop the **chestnut** and **portabello mushrooms**. Peel and finely chop the **onion**. Finely chop the **red chilli**. Split the **cardamom pods** open with the back of a knife. Chop the **tomatoes** roughly.



2 Roast mushrooms

Place all the **mushrooms** on a baking tray, drizzle generously with **oil** and season with a pinch of **salt**. Bake for 25 min until crisp.



3 Fry onion

Meanwhile, heat a non-stick pan over a medium-low heat with a drizzle of **oil**. Once hot, add the **onion** and cook for 7 min until softened. Once softened, add the **chilli (spicy!)**, **turmeric**, **cardamom pods**, **cumin** and **ginger garlic paste** and cook for 1 min further.



4 Simmer

Add the **dal**, **stock cube**, **measured water** and **tomatoes**. Simmer for 35–40 min until the **dal** are almost falling apart and the **dal** resembles a very thick stew. Once ready, add the **coconut cream** to the **dal** and cook for 2 min further.



5 Prep chutney

Meanwhile, de-seed and roughly chop the **green chilli**. Peel and mince the **ginger** (tip: use a spoon to peel the **ginger**). Pick the **mint** leaves. Chop the **mint** leaves and **coriander**, including its stems, roughly.



6 Blitz chutney

Juice the **lemons** directly into the drum of a food processor. Add the **green chilli (spicy!)**, **ginger**, **coriander**, **mint**, **black salt** and **sugar** and blitz for 2 min until smooth. If the chutney looks too thick, add a splash of cold water. Serve the roasted **mushrooms** over the **dal** and drizzle with the **coriander chutney**.

**Tip!** Not got a food processor? Try using a pestle and mortar or blender instead!