

Coconut Dal with Paneer and Eggplant

hellóchef

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

Cals 1169 • Prot 58 • Carbs 100 • Fat 64

Vegetarian

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🕒 cook: 35 min

R3204



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	
Eggplant	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Red lentils	200	300	400	Grams
Red onion	1	1	2	Piece
Paneer 4*	250	375	500	Grams
Fresh coriander	15	15	30	Grams
Ghee 4*	20	30	45	Grams
Ginger garlic paste	10	15	20	Grams
Curry powder	4	5	8	Grams
Turmeric powder	2	2	4	Grams
Garam masala	2	2	4	Grams
Water	300	500	600	ML
Vegetable stock cube 15*	1	2	2	Piece
Coconut milk	200	200	400	ML
Honey	15	15	15	Grams
Lime	1	1	2	Piece
Cashew nuts 1*, 2*	30	40	60	Grams

Allergens

*4 Milk, *15 Celery, *1 Peanuts, *2 Tree Nuts

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)	4891 / 1169
Fat (g)	64.2
of which saturates (g)	36
Carbohydrate (g)	100
of which sugars (g)	18.2
Fiber (g)	22.7
Protein (g)	57.7
Salt (g)	0.6

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



1 Roast eggplant

Preheat the oven to 220°C/ 200°C fan. Chop the **eggplant** into large chunks. Place on a baking tray, drizzle with **oil** and sprinkle with **salt**. Bake for 20-25 min or until soft and golden.

Tip! Don't rush the eggplants; the longer and slower you cook them for, the more tender they will be!



2 Prep

Meanwhile, rinse the **lentils**. Peel and finely chop the **onion**. Chop the **paneer** into bite-sized pieces. Finely chop the **coriander** stems, reserve the leaves.



3 Start dal

Heat a pan over a medium heat with the **ghee**. Once hot, add the **onion** with a pinch of **salt** and fry for 6 min until softened. Add the **ginger garlic paste, coriander** stems, **curry powder, turmeric** and **garam masala** and cook for 1 min further.



4 Simmer

Add the **measured water, stock cube, rinsed lentils, coconut milk** and **honey**. Cover and simmer for 12-15 min until the **lentils** are cooked through. Meanwhile, chop the **coriander** leaves. Once the **lentils** are cooked, stir through half of the **coriander** leaves and a squeeze of **lime** juice. Add a splash of **water** if needed!



5 Fry paneer

Meanwhile, heat a second pan over a medium-high heat with a drizzle of **oil**. Fry the **paneer** for 5-7 min, until golden all over.



6 Serve

Divide the **coconut dal** among bowls. Top with the roasted **eggplant, paneer** and **cashew nuts**. Garnish with the remaining **coriander** and **lime**.