



# Spinach and Tofu Dahl

with coriander and lime

Veggie 40-45 mins

7



Onion



Ginger



Carrot



Korma Curry Paste



Coconut Milk



Lentils



Baby Spinach



Tofu



Lime



Vegetable Stock



Coriander



Curry Powder

Pantry Items: Oil, Salt, Pepper, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, pot with lid, sieve

## Ingredients

	2P	4P
Onion	1 unit	2 units
Ginger	1 unit	2 units
Carrot	1 unit	2 units
Korma Curry Paste	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Lentils	1 pack	2 packs
Baby Spinach	60 g	120 g
Tofu	280 g	560 g
Lime	1 unit	2 units
Vegetable Stock	2 sachets	4 sachets
Coriander	5 g	10 g
Curry Powder	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	664 g	100 g
Energy (kJ/kcal)	2728 kJ/ 652 kcal	410.8 kJ/ 98.2 kcal
Fat (g)	30.4 g	4.6 g
Sat. Fat (g)	16.6 g	2.5 g
Carbohydrate (g)	53.4 g	8 g
Sugars (g)	29.5 g	4.4 g
Protein (g)	38.7 g	5.8 g
Salt (g)	5.7 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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## Get Prepped

- Halve, peel and finely chop the **onion**.
- Peel and grate the **ginger** (use a teaspoon to scrape away the peel).
- Trim the **carrot** and quarter lengthways. Chop into 1cm chunks.
- Drain and rinse the **lentils** in a sieve.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



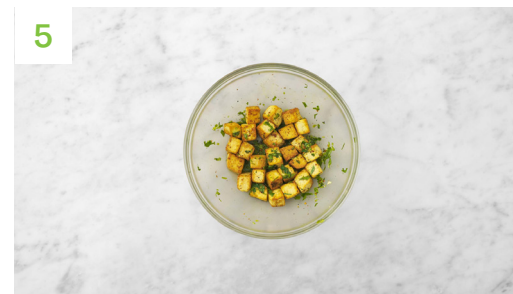
## Fry the Tofu

- Meanwhile, place a pan over high heat with a good glug of **oil**.
- Pat the **tofu** dry with kitchen paper and cut into cubes about 2cm thick.
- Toss the **tofu** with the **curry powder** and a drizzle of **oil**.
- Fry the **tofu** until golden, 6-8 mins. Season with **salt** and **pepper**.
- Once cooked, transfer to a plate lined with kitchen paper.



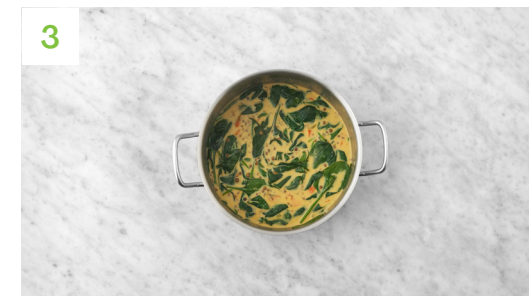
## Soften the Veg

- Place a large pot over medium heat with a drizzle of **oil**.
- Once hot, fry the **onion, ginger** and **carrot** until softened, 2-3 mins.
- Add the **korma paste**. Stir well and cook for another 2 mins.
- Add the **coconut milk**, 75ml **water** (double for 4p) and **stock powder** to the pot then bring to the boil.



## Finishing Touches

- Meanwhile, finely chop the **coriander** (stalks and all).
- Juice the **lime**.
- In a large bowl, combine the **coriander** with the **lime** juice and the **tofu**.
- Mix well to combine then season with **salt** and **pepper**.



## Cook the Lentils

- Add the **lentils** to the pot, season with **salt** and **pepper** and cook the dahl, 18-20 mins.
- Halfway through cooking, add the **spinach**, stirring until wilted.

**TIP:** Loosen the dahl with a splash of water if it gets too dry.



## Serve and Enjoy

- Just before serving, stir the coated **tofu** through the dahl.
- Divide your fragrant **spinach** and **tofu** dahl between bowls.

Enjoy!