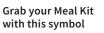


Plant-Based Cheezy Dhal-Loaded Spuds with Celery Salad, Almonds & Coconut Yoghurt

WINTER WARMERS

CLIMATE SUPERSTAR











Grated Cheese









Celery



Lentils









Tomato Paste



Vegetable Stock



Mixed Salad Leaves



Flaked Almonds





Plant-Based Coconut Yoghurt

Pantry items

Prep in: 20-30 mins Ready in: 50-60 mins

Plant Based*



Bursting with Indian-inspired flavours, this winner plant-based dinner is comfort on a plate. If you love lentil dhal over rice, wait till you try it on the cheezy baked potatoes. Trust us, it works.



Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need Oven tray lined with baking paper · Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
plant-based grated cheese	1 medium packet	2 medium packets
brown onion	1	2
garlic	2 cloves	4 cloves
celery	1 medium bag	1 large bag
carrot	1	2
lentils	1 packet	2 packets
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
coconut milk	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
water*	1/4 cup	½ cup
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
flaked almonds	½ medium packet	1 medium packet
mint	1 bag	1 bag
plant-based coconut yoghurt	1 medium packet	1 large packet
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2654kJ (634Cal)	324kJ (77Cal)
Protein (g)	27.6g	3.4g
Fat, total (g)	23.7g	2.9g
- saturated (g)	20.4g	2.5g
Carbohydrate (g)	70.9g	8.6g
- sugars (g)	22.3g	2.7g
Sodium (mg)	1847mg	225mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2822kJ (674Cal)	342kJ (82Cal)
Protein (g)	32.2g	3.9g
Fat, total (g)	28.2g	3.4g
- saturated (g)	22.2g	2.7g
Carbohydrate (g)	66.4g	8g
- sugars (g)	22.2g	2.7g
Sodium (mg)	1466mg	178mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Bake the potatoes

- Preheat oven to 200°C/180°C fan-forced.
- Slice potato into halves.
- Place **potato** halves on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Arrange so that each potato is cut-side down.
- Bake until crisp and tender, 35-45 minutes.
- Remove from oven, then carefully turn each potato to be cut-side up. Sprinkle with plant-based grated cheese.
- · Return to oven to bake until golden, a further 6-8 minutes.

TIP: If your oven tray is crowded, divide the potatoes between two trays.

Custom Recipe: If you've swapped to shredded Cheddar cheese, sprinkle cheese over cut side of the potato halves. Continue baking as above.



Finish the dhal

- Add garlic, Mumbai spice blend and tomato paste. Cook until fragrant, 1 minute.
- Stir in lentils, coconut milk, vegetable stock powder and the water. Simmer until thickened. 2-4 minutes.
- Season with salt and pepper to taste.



Get prepped

- · While potatoes are baking, finely chop brown onion and garlic.
- · Roughly chop celery, then set aside.
- Grate carrot.
- · Drain and rinse lentils.



Start the dhal

- When potatoes have 10 minutes remaining, heat a drizzle of olive oil in a large frying pan, over medium-high heat.
- · Cook onion and carrot, tossing, until tender, 4-5 minutes.



Make the salad

- · While dhal is simmering, combine a drizzle of the white wine vinegar and olive oil in a medium bowl. Season.
- Add mixed salad leaves and celery. Toss to coat.



Serve up

- Divide cheezy jacket potatoes and salad between plates.
- · Spoon dhal over potatoes. Sprinkle with flaked almonds (see ingredients). Tear over mint
- Serve with a dollop of plant-based coconut yoghurt. Enjoy!

Rate your recipe

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