



Quick Indian Zucchini, Lentil & Coconut Dhal

with Bamboo Shoots & Garlic Dippers

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Zucchini



Brown Onion



Garlic



Bamboo Shoots



Red Lentils



Ginger Paste



Mild North Indian Spice Blend



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Mini Flour Tortillas



Greek-Style Yoghurt



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

This creamy Indian dish gets a wholesome boost from lentils, which are a great source of protein and fibre. Best of all, they give extra texture, which makes the perfect base for crispy garlic dippers to do some serious dunking.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

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

Two oven trays lined with baking paper · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
bamboo shoots	½ packet	1 packet
red lentils	1 medium packet	2 medium packets
ginger paste	1 medium packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	2 cups	4 cups
coconut milk	1 large packet	2 large packets
mini flour tortillas	6	12
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3305kJ (790Cal)	569kJ (136Cal)
Protein (g)	31.9g	5.5g
Fat, total (g)	32g	5.5g
- saturated (g)	17g	2.9g
Carbohydrate (g)	82.7g	14.2g
- sugars (g)	19.8g	3.4g
Sodium (mg)	1157mg	199mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4058kJ (970Cal)	544kJ (130Cal)
Protein (g)	65.9g	8.8g
Fat, total (g)	36.7g	4.9g
- saturated (g)	18.5g	2.5g
Carbohydrate (g)	82.7g	11.1g
- sugars (g)	19.8g	2.7g
Sodium (mg)	1241mg	166mg

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



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **zucchini** into small chunks.
- Finely chop **brown onion** and **garlic**.
- Drain and rinse **bamboo shoots** (see ingredients).
- Rinse **red lentils**.
- Place **zucchini** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **15-20 minutes**.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks.



Bake the dippers

- Meanwhile, in a small bowl, combine **garlic** and a good drizzle of **olive oil**. Season.
- When the dhal has **10 minutes** remaining, slice **mini flour tortillas** into 3cm strips.
- On a second lined oven tray, place **tortilla strips** in a single layer and brush with the **garlic oil**. Bake until golden, **8-10 minutes**.



Start the dhal

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring, until softened, **4-5 minutes**.
- Add **ginger paste**, **mild North Indian spice blend**, **Mumbai spice blend** and **tomato paste** and cook, stirring, until fragrant, **1 minute**. Add the **water** and **coconut milk**. Stir to combine.
- Add **lentils** to the saucepan. Bring to the boil, then reduce heat to a simmer. Cover with a lid and cook, stirring occasionally, until the lentils have softened, **24-28 minutes**.
- Stir through **roasted zucchini** and **bamboo shoots** until warmed, **1 minute** (if the dhal is looking a little dry, add a splash of water!). Season to taste.

Custom Recipe: Before cooking the dhal, heat the large saucepan as above. Cook chicken, tossing, until lightly browned, 5-6 minutes. Transfer to a bowl. Continue with step, adding the cooked chicken to pan with the zucchini.



Serve up

- Divide Indian zucchini and coconut dhal between bowls.
- Top with **Greek-style yoghurt**. Serve with garlic dippers. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate