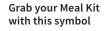


Plant-Based Cheezy Dhal-Loaded Spuds with Celery Salad, Almonds & Coconut Yoghurt

WINTER WARMERS

CLIMATE SUPERSTAR









Grated Cheese











Lentils



Mumbai Spice





Tomato Paste





Vegetable Stock



Powder



Leaves



Flaked Almonds





Coconut Yoghurt



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



*Custom recipe is not Plant-Based or Calorie Smart

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.

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



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

| ingi caici ico | | | |
|-----------------|--|--|--|
| 2 People | 4 People | | |
| refer to method | refer to method | | |
| 2 | 4 | | |
| 1 medium packet | 2 medium packets | | |
| 1 | 2 | | |
| 2 cloves | 4 cloves | | |
| 1 medium bag | 1 large bag | | |
| 1 | 2 | | |
| 1 packet | 2 packets | | |
| 1 medium sachet | 2 medium sachets OR 1 large sachet | | |
| 1 packet | 1 packet | | |
| 1 packet | 2 packets | | |
| 1 medium sachet | 1 large sachet | | |
| 1/4 cup | ½ cup | | |
| drizzle | drizzle | | |
| 1 medium bag | 1 large bag | | |
| ½ medium packet | 1 medium packet | | |
| 1 bag | 1 bag | | |
| 1 medium packet | 1 large packet | | |
| 1 small packet | 2 small packets OR 1 large packet | | |
| | refer to method 2 1 medium packet 1 2 cloves 1 medium bag 1 1 packet 1 medium sachet 1 packet 1 packet 1 medium sachet 1 v4 cup drizzle 1 medium bag ½ medium packet 1 bag 1 medium 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) | 2922kJ (698Cal) | 353kJ (84Cal) |
| Protein (g) | 33g | 4g |
| Fat, total (g) | 30.2g | 3.6g |
| - saturated (g) | 22.4g | 2.7g |
| Carbohydrate (g) | 66.8g | 8.1g |
| - sugars (g) | 22.4g | 2.7g |
| Sodium (mg) | 1467mg | 177mg |

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.



Get prepped

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

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



Start the dhal

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

Custom Recipe: Cook chicken with onion and carrot, tossing, until browned and cooked through (when no longer pink inside), 4-5 minutes.



Finish the dhal

- Add garlic, Mumbai spice blend and tomato paste to frying pan. 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.



Make the salad

- While dhal is simmering, combine a drizzle of the white wine vinegar and olive oil in a medium bowl.
- Season, then 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 leaves.
- Serve with a dollop of **plant-based coconut** yoghurt. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate