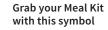


Plant-Based Cheezy Dhal-Loaded Spuds with Cucumber Salad, Almonds & Coconut Yoghurt









Plant-Based **Grated Cheese**











Lentils





Tomato Paste





Vegetable Stock



Powder



Flaked Almonds



Mixed Salad

Leaves



Coconut Yoghurt

Pantry items



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

Eat Me Early*

*Custom Recipe only



Calorie Smart[^]



^Custom recipe is not Calorie Smart or 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.

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

4 People refer to method 4 1 large packet
4 1 large packet
1 large packet
2
4 cloves
1 large bag
2
2 packets
1 large sachet
1 packet
2 packets
1 large sachet
½ cup
drizzle
1 large bag
1 medium packet
1 bag
1 large packet
2 small packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2612kJ (624Cal)	333kJ (80Cal)
Protein (g)	27.4g	3.5g
Fat, total (g)	23.7g	3g
- saturated (g)	20.4g	2.6g
Carbohydrate (g)	68.6g	8.7g
- sugars (g)	20.1g	2.6g
Sodium (mg)	1830mg	233mg
Occasional Designation		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3365kJ (804Cal)	354kJ (85Cal)
Protein (g)	61.3g	6.5g
Fat, total (g)	28.4g	3g
- saturated (g)	21.8g	2.3g
Carbohydrate (g)	68.6g	7.2g
- sugars (g)	20.1g	2.1g
Sodium (mg)	1914mg	201mg

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 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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate