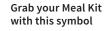


# Indian-Style Coconut Lentil Dhal with Tomato-Corn Salsa, Tortilla Chips & Mint Yoghurt

**EXPLORER** 

CLIMATE SUPERSTAR















Coriander







Tortillas









Lentils



Tandoori Paste



Coconut Milk



Tomato Paste

Prep in: 25-35 mins Ready in: 35-45 mins



We've combined the flavours of Indian cuisine with the textures and fun of a nachos bowl. From the creamy coconut lentils to the sweet and juicy salsa and cooling mint yoghurt, scoop up all the deliciousness with the oven-baked tortilla chips. Cutlery optional!

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

**Pantry items** 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
brown onion	1	2
snacking tomatoes	1 punnet	2 punnets
coriander	1 bag	1 bag
mint	1 bag	1 bag
garlic	2 cloves	4 cloves
mini flour tortillas	6	12
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
lentils	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
tandoori paste	1 packet	2 packets
tomato paste	1 packet	1 packet
coconut milk	1 medium packet	2 medium packets
chicken breast**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2940kJ (703Cal)	425kJ (102Cal)
Protein (g)	26g	3.8g
Fat, total (g)	28.5g	4.1g
- saturated (g)	17.9g	2.6g
Carbohydrate (g)	79.3g	11.5g
- sugars (g)	21.8g	3.2g
Sodium (mg)	1372mg	198mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3693kJ</b> (883Cal)	431kJ (103Cal)
Protein (g)	60g	7g
Fat, total (g)	33.2g	3.9g
- saturated (g)	19.4g	2.3g
Carbohydrate (g)	79.3g	9.3g
- sugars (g)	21.8g	2.5g
Sodium (mg)	1456mg	170mg

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 200°C/180°C fan-forced.
- · Thinly slice brown onion. Halve snacking tomatoes. Roughly chop coriander. Pick and thinly slice mint leaves. Finely chop garlic. Cut mini flour tortillas into wedges. Grate carrot.
- Drain sweetcorn. Drain and rinse lentils.



## Make the salsa

· In a medium bowl, combine coriander, tomato and corn and a drizzle of the white wine vinegar and olive oil. Season.

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



# Make the mint yoghurt

· In a small bowl, combine mint, Greek-style yoghurt and a small drizzle of olive oil. Season with **salt** and **pepper**.



## Bake the tortillas

- Spread tortilla wedges in a single layer on a lined oven tray. Drizzle (or spray) with olive oil. Season, then toss to coat.
- Bake until golden, 8-10 minutes.

TIP: If the tortilla wedges don't fit in a single layer, divide them between two oven trays.



## Cook the coconut lentils

- Meanwhile, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot and onion, stirring, until softened, 3-4 minutes.
- · Add lentils and cook until heated through, 2 minutes.
- Add garlic and tandoori paste and cook, stirring, until fragrant, 1-2 minutes.
- Stir in tomato paste and coconut milk and simmer until thickened, 2-3 minutes. Season to taste.

TIP: Add a splash of water to loosen the mixture, if needed.

Custom Recipe: Before cooking the carrot and onion, heat a drizzle of olive oil in the frying pan over high heat. Cook chicken until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl, then continue as above. After adding the tandoori paste, return chicken to the pan.



# Serve up

- · Divide Indina-style coconut lentil dhal and tortilla chips between plates.
- Top lentils with salsa and a dollop of mint yoghurt to serve. Enjoy!



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