



# Indian-Style Coconut Lentil Dhal

with Tomato-Corn Salsa, Tortilla Chips & Mint Yoghurt

EXPLORER

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Brown Onion



Snacking Tomatoes



Coriander



Mint



Garlic



Mini Flour Tortillas



Carrot



Sweetcorn



Lentils



Greek-Style Yoghurt



Tandoori Paste



Tomato Paste



Coconut Milk



Chicken Breast

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!

Eat Me Early\*  
\*Custom Recipe only

**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

	2 People	4 People
<b>olive oil*</b>	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
<b>white wine vinegar*</b>	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

\*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)	3693kJ (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](https://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**.



## 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.



## 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.



## 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.



## 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**.



## 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!

## Rate your recipe

Did we make your tastebuds happy?

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