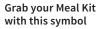


Lentil Loaded Spuds & Tomato-Kale Salad

with Coconut Yoghurt

EXPLORER

CLIMATE SUPERSTAR









Brown Onion





Snacking Tomatoes





Carrot

Brown Lentils







Mumbai Spice Blend

Tomato Paste





Coconut Milk





Vegetable Stock



Kale & Spinach

Flaked Almonds



Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Coconut Yoghurt



Pantry items Olive Oil, White Wine VInegar



Eat Me Early*

*Custom Recipe only



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 baked potatoes. Trust us, it works.



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

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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
olive oil*	refer to method	refer to method
potato	2	4
brown onion	1	2
garlic	2 cloves	4 cloves
snacking tomatoes	1 punnet	2 punnets
carrot	1	2
brown lentils	1 packet	2 packets
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
water*	1/4 cup	½ cup
white wine vinegar*	drizzle	drizzle
kale & spinach	1 medium bag	1 large bag
flaked almonds	1 medium packet	1 large packet
mint	1 bag	1 bag
plant-based coconut 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)	2682kJ (641Cal)	323kJ (77Cal)
Protein (g)	28.2g	3.4g
Fat, total (g)	25.7g	3.1g
- saturated (g)	20.5g	2.5g
Carbohydrate (g)	68.1g	8.2g
- sugars (g)	18g	2.2g
Sodium (mg)	1824mg	219mg
Occasional Deleteral		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3435kJ (821Cal)	345kJ (82Cal)
Protein (g)	62.1g	6.2g
Fat, total (g)	30.4g	3.1g
- saturated (g)	21.9g	2.2g
Carbohydrate (g)	68.1g	6.8g
- sugars (g)	18g	1.8g
Sodium (mg)	1909mg	192mg

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.



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, 45-50 minutes.

TIP: If your oven tray is crowded, divide the potatoes between two trays.



Get prepped

- While the potatoes are baking, finely chop **brown onion** and **garlic**.
- Halve snacking tomatoes then set aside.
- Grate carrot.
- Drain and rinse brown lentils.

Custom Recipe: If you've added chicken breast, only drain half of the lentils and cut chicken into 2cm chunks.



Start the dhal

- When the potatoes have 10 minutes remaining, heat a drizzle of olive oil in a large frying pan, 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. 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 the lentils are simmering, combine a drizzle of white wine vinegar and olive oil in a medium bowl. Season, then add kale & spinach and tomato. Toss to coat



Serve up

- Divide potatoes and tomato-kale salad between plates.
- Spoon lentils over potatoes. Sprinkle with **flaked almonds**. Tear over **mint** leaves.
- Serve with a dollop of **plant-based coconut yoghurt**. Enjoy!

