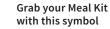


# Indian Sweet Potato & Lentil Dhal

with Tortillas, Yoghurt & Fresh Chilli

CLIMATE SUPERSTAR















**Ginger Paste** 





Mumbai Spice



Tomato Paste



Coconut Milk



Powder

**Baby Spinach** 

Vegetable Stock



Mini Flour



Tortillas



Long Chilli



(Optional)





Prep in: 30-40 mins Ready in: 40-50 mins



Creamy and coconutty, this Indian dish gets a wholesome boost from hearty lentils and a touch of tang from the yoghurt. Scoop up all the satisfying goodness with the warm toasted tortilla slices.

**Pantry items** Olive Oil

# 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  $\cdot$  Medium saucepan with a lid  $\cdot$  Large frying pan

# Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
red lentils	1 medium packet	2 medium packets
sweet potato	1	2
ginger paste	1 medium packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
water*	1⅓ cups	3⅓ cups
coconut milk	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
mini flour tortillas	6	12
baby spinach leaves	1 medium bag	1 large bag
long chilli ∮ (optional)	1	2
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet
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<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3439kJ (822Cal)	<b>746kJ</b> (178Cal)
Protein (g)	32.1g	7g
Fat, total (g)	32.2g	7g
- saturated (g)	18.7g	4.1g
Carbohydrate (g)	90.8g	19.7g
- sugars (g)	21.1g	4.6g
Sodium (mg)	1612mg	350mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4192kJ (1002Cal)	670kJ (160Cal)
Protein (g)	66g	10.5g
Fat, total (g)	36.9g	5.9g
- saturated (g)	20.1g	3.2g
Carbohydrate (g)	90.8g	14.5g
- sugars (g)	21.1g	3.4g
Sodium (mg)	1696mg	271mg

The quantities provided above are averages only.

# **Allergens**

Always read product labels for the most up-to-date allergen information.

isit 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 220°C/200°C fan-forced.
- · Rinse red lentils.
- Cut sweet potato into small chunks.
- Place sweet potato on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Roast until tender, 20-25 minutes.

**TIP:** If your oven tray is crowded, divide sweet potato between two trays.

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



### Start the dhal

- Meanwhile, heat a drizzle of olive oil in a medium saucepan over medium-high heat.
- Cook ginger paste, mild North Indian spice blend, Mumbai spice blend and tomato paste, stirring, until fragrant, 1 minute.
- Add the water, coconut milk and vegetable stock powder, stirring to combine.

**Custom Recipe:** Heat saucepan as above. Cook chicken, stirring, until browned and cooked through (when no longer pink inside), 4-5 minutes. Add ginger paste and continue as above.



### Simmer the dhal

- To the saucepan, add **lentils**. Bring to the boil, then reduce heat to medium.
- Cover with a lid and cook, stirring occasionally, until lentils are softened, **20-22 minutes**.



# Cook the tortillas

- When the dhal has 15 minutes remaining, drizzle (or brush) each mini flour tortilla with olive oil.
- Heat a large frying pan over medium-high heat.
   Cook each tortilla until golden and warmed through, 1 minute each side.
- Transfer to a paper towel-lined plate. Repeat with remaining tortillas and olive oil.



# Finish the dhal

 Stir roasted sweet potato and baby spinach leaves through dhal. Season to taste.

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



# Serve up

- Thinly slice long chilli (if using).
- Slice tortillas into strips.
- Divide Indian sweet potato and lentil dhal between bowls.
- Top with a dollop of Greek-style yoghurt and chilli.
- Serve with tortilla strips. Enjoy!

#### Rate your recipe

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