



Plant-Based Dhal-Loaded Spuds

with Green Salad, Almonds & Coconut Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Celery



Tomato



Carrot



Lentils



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Mixed Salad Leaves



Flaked Almonds



Mint



Plant-Based Coconut Yoghurt



Chicken Breast

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

Calorie Smart
 Plant Based^A

^ACustom Recipe is not Plant Based or Calorie Smart

Eat Me Early*
*Custom Recipe only

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 baked potatoes. Trust us, it works.

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
olive oil*	refer to method	refer to method
potato	2	4
brown onion	1	2
garlic	2 cloves	4 cloves
celery	1 medium bag	1 large bag
tomato	1	2
carrot	1	2
lentils	1 packet	2 packets
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
coconut milk	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
flaked almonds	½ medium packet	1 medium 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)	2469kJ (590Cal)	301kJ (71Cal)
Protein (g)	27.4g	3.3g
Fat, total (g)	21.1g	2.6g
- saturated (g)	18g	2.2g
Carbohydrate (g)	65.6g	8g
- sugars (g)	21.3g	2.6g
Sodium (mg)	1290mg	157mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3183kJ (761Cal)	323kJ (77Cal)
Protein (g)	64g	6.5g
Fat, total (g)	23.6g	2.4g
- saturated (g)	18.7g	1.9g
Carbohydrate (g)	65.8g	6.7g
- sugars (g)	21.3g	2.2g
Sodium (mg)	1360mg	138mg

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, **35-45 minutes**.
- Remove from oven, then carefully turn each **potato** to be cut-side up.
- 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.



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.



Get prepped

- While potatoes are baking, finely chop **brown onion** and **garlic**.
- Roughly chop **celery** and **tomato**, then set aside.
- Grate **carrot**.
- Drain and rinse **lentils**.

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



Make the salad

- While dhal is simmering, in a medium bowl combine a drizzle of **white wine vinegar** and **olive oil**.
- Season, then add **mixed salad leaves**, **tomato** and **celery**. Toss to coat.



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.



Serve up

- Divide jacket 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!

We're here to help!

Scan here if you have any questions or concerns
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