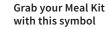


Indian Sweet Potato & Lentil Dhal

with Tortillas, Yoghurt & Fresh Chilli

CLIMATE SUPERSTAR















Ginger Paste







Mumbai Spice



Tomato Paste



Coconut Milk



Vegetable Stock



Mini Flour Tortillas





Long Chilli (Optional)



Yoghurt





Pantry items Olive Oil

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 tortillas.

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

	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 medium packet	1 large 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 packet	1 large packet
long chilli ∮ (optional)	1	2
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3439kJ (822Cal)	746kJ (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)	4154kJ (993Cal)	664kJ (159Cal)
Protein (g)	68.7g	11g
Fat, total (g)	34.7g	5.5g
- saturated (g)	19.5g	3.1g
Carbohydrate (g)	91g	14.5g
- sugars (g)	21.1g	3.4g
Sodium (mg)	1682mg	269mg

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).
- Divide Indian sweet potato and lentil dhal between bowls.
- Top with a dollop of Greek-style yoghurt and chilli.
- Serve with tortillas. Enjoy!

Rate your recipe

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