



Indian-Spiced Zucchini, Lentil & Coconut Dhal

with Bamboo Shoots & Garlic Dippers

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Zucchini



Brown Onion



Garlic



Bamboo Shoots



Red Lentils



Mild North Indian Spice Blend



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Mini Flour Tortillas



Greek-Style Yoghurt



Tamarind Chutney



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

This creamy Indian dish gets a wholesome boost from lentils, which are a great source of protein and fibre. Best of all, they give extra texture, which makes the perfect base for crispy garlic dippers to do some serious dunking.

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

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

Two oven trays lined with baking paper · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
bamboo shoots	½ packet	1 packet
red lentils	1 medium packet	2 medium packets
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	2 medium packets
water*	2 cups	4 cups
coconut milk	1 packet	2 packets
mini flour tortillas	6	12
Greek-style yoghurt	1 medium packet	1 large packet
tamarind chutney	1 packet	2 packets
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)	3464kJ (828Cal)	572kJ (137Cal)
Protein (g)	33.7g	5.6g
Fat, total (g)	31.2g	5.1g
- saturated (g)	18.7g	3.1g
Carbohydrate (g)	92.5g	15.3g
- sugars (g)	29.3g	4.8g
Sodium (mg)	1309mg	216mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4178kJ (999Cal)	542kJ (130Cal)
Protein (g)	70.3g	9.1g
Fat, total (g)	33.6g	4.4g
- saturated (g)	19.5g	2.5g
Carbohydrate (g)	92.7g	12g
- sugars (g)	29.3g	3.8g
Sodium (mg)	1379mg	179mg

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.

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**.
- Cut **zucchini** into small chunks.
- Finely chop **brown onion** and **garlic**.
- Drain and rinse **bamboo shoots (see ingredients)**.
- Rinse **red lentils**.
- Place **zucchini** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **15-20 minutes**.

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



Bake the dippers

- In a small bowl, combine **garlic** and a good drizzle of **olive oil**. Season.
- When the dhal has **10 minutes** remaining, slice **mini flour tortillas** into 3cm strips.
- Place **tortilla strips** in a single layer on a second lined oven tray and brush with the **garlic oil**. Bake until golden, **8-10 minutes**.



Start the dhal

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **4-5 minutes**. Add **mild North Indian spice blend**, **Mumbai spice blend** and **tomato paste** and cook, stirring, until fragrant, **1 minute**. Add the **water** and **coconut milk**. Stir to combine.
- Add **lentils** to the saucepan. Bring to the boil, then reduce heat to a simmer. Cover with a lid and cook, stirring occasionally, until the lentils have softened, **24-28 minutes**. Stir through **roasted zucchini** and **bamboo shoots** until warmed, **1 minute** (if the dhal is looking a little dry, add a splash of water!). Season to taste.

Custom Recipe: While the dhal is simmering, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step adding the cooked chicken to the dhal with the roasted zucchini.



Serve up

- Divide Indian zucchini and coconut dhal between bowls.
- Top with **Greek-style yoghurt** and **tamarind chutney**. Serve with garlic dippers. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate