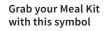


# Indian-Spiced Zucchini, Lentil & Coconut Dhal with Bamboo Shoots & Garlic Dippers

**EXPLORER** 

CLIMATE SUPERSTAR













Bamboo Shoots





**Red Lentils** 



Indian Spice Blend



Mumbai Spice Blend



Tomato Paste



Coconut Milk







Yoghurt



**Tamarind Chutney** 

Tortillas





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



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.

**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  $\cdot$  Large saucepan with a lid

## Ingredients

9				
	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		
and the second s				

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3464kJ (828Cal)	<b>572kJ</b> (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)	<b>542kJ</b> (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 occassionally, 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

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