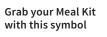


with Tortilla Dippers & Yoghurt

CLIMATE SUPERSTAR

















Ginger Paste





Indian Spice Blend



Mumbai Spice



Tomato Paste

Blend



Coconut Milk







Mini Flour



Tortillas

Baby Spinach

Yoghurt



Long Chilli



(Optional)





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

Medium saucepan with a lid · Large frying pan

Ingredients

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	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

Per Serving	Per 100g
3439kJ (822Cal)	746kJ (178Cal)
32.1g	7g
32.2g	7g
18.7g	4.1g
90.8g	19.7g
21.1g	4.6g
1612mg	350mg
	3439kJ (822Cal) 32.1g 32.2g 18.7g 90.8g 21.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4154kJ (992Cal)	664kJ (158Cal)
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.

Alleraens

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.
- · 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 the 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, continuing as above.



Simmer the dhal

- To 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

- Drizzle (or brush) each mini flour tortilla with olive oil.
- Heat a large frying pan over medium-high heat.
- · Cook tortillas 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 sprinkle with **chilli** to serve. Enjoy!

Custom Recipe: Divide Indian sweet potato, chicken and lentil dhal between bowls.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate