



# Indian Sweet Potato & Lentil Dhal

with Tortillas, Yoghurt & Fresh Chilli

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Red Lentils



Sweet Potato



Ginger Paste



Mild North Indian Spice Blend



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Mini Flour Tortillas



Baby Spinach Leaves



Long Chilli (Optional)



Greek-Style Yoghurt



Chicken Breast

Prep in: 30-40 mins  
Ready in: 40-50 mins

Eat Me Early\*  
\*Custom Recipe only

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.

**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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>water*</b>	1½ cups	3½ cups
coconut milk	1 medium packet	2 medium 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
Dietary fibre (g)	26.6g	5.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4152kJ (992Cal)	663kJ (158Cal)
Protein (g)	68.6g	11g
Fat, total (g)	34.6g	5.5g
- saturated (g)	19.5g	3.1g
Carbohydrate (g)	91g	14.5g
- sugars (g)	21.1g	3.4g
Sodium (mg)	1683mg	269mg
Dietary fibre (g)	26.8g	4.3g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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.



## 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**.



## 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.



## 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.



## 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**.



## 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**.
- Serve with tortillas. Enjoy!

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW17

