

# Indian-Style Coconut Lentil Dhal

with Tomato-Spinach Salsa, Tortilla Chips & Mint Yoghurt

CLIMATE SUPERSTAR



**Recipe Update**

We've replaced the sweetcorn in this recipe with baby spinach due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Grab your Meal Kit with this symbol



Brown Onion



Snacking Tomatoes



Coriander



Baby Spinach Leaves



Mint



Garlic



Mini Flour Tortillas



Carrot



Lentils



Greek-Style Yoghurt



Mumbai Spice Blend



Mild North Spice Blend



Tomato Paste



Coconut Milk



Chicken Breast

Prep in: 25-35 mins  
Ready in: 35-45 mins

Eat Me Early\*  
\*Custom Recipe only

We've combined the flavours of Indian cuisine with the textures and fun of a nachos bowl. From the creamy coconut lentils to the sweet and juicy salsa and cooling mint yoghurt, scoop up all the deliciousness with the oven-baked tortilla chips. Cutlery optional!

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

**Pantry items**

Olive Oil, White Wine Vinegar

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown onion	1	2
snacking tomatoes	1 medium packet	2 medium packets
coriander	1 packet	1 packet
baby spinach leaves	1 small packet	1 medium packet
mint	1 packet	1 packet
garlic	2 cloves	4 cloves
mini flour tortillas	6	12
carrot	1	2
lentils	1 medium packet	2 medium packets
<b>white wine vinegar*</b>	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large packet
Mild North spice blend	1 medium sachet	1 large packet
tomato paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium 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)	2897kJ (692Cal)	435kJ (104Cal)
Protein (g)	24.4g	3.7g
Fat, total (g)	27.7g	4.2g
- saturated (g)	17.6g	2.6g
Carbohydrate (g)	79.7g	12g
- sugars (g)	22g	3.3g
Sodium (mg)	1266mg	190mg
Dietary Fibre (g)	19.8g	3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3613kJ (864Cal)	435kJ (104Cal)
Protein (g)	61g	7.3g
Fat, total (g)	30.2g	3.6g
- saturated (g)	18.4g	2.2g
Carbohydrate (g)	79.9g	9.6g
- sugars (g)	22g	2.6g
Sodium (mg)	1336mg	161mg
Dietary Fibre (g)	20g	2.4g

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://www.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 **200°C/180°C fan-forced**.
- Thinly slice **brown onion**. Halve **snacking tomatoes**. Roughly chop **coriander** and **baby spinach leaves**. Pick and thinly slice **mint leaves**. Finely chop **garlic**. Cut **mini flour tortillas** into wedges. Grate **carrot**.
- Drain **sweetcorn**. Drain and rinse **lentils**.



## Bake the tortillas

- Spread **tortilla** wedges in a single layer on a lined oven tray. Drizzle (or spray) with **olive oil**. Season, then toss to coat.
- Bake until golden, **8-10 minutes**.

**TIP:** If the tortilla wedges don't fit in a single layer, divide them between two oven trays.



## Make the salsa

- In a medium bowl, combine **coriander**, **tomato** and **spinach** and a drizzle of **white wine vinegar** and **olive oil**. Season.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.



## Cook the coconut lentils

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **onion**, stirring, until softened, **3-4 minutes**.
- Add **lentils** and cook until heated through, **2 minutes**.
- Add **garlic**, **Mumbai spice blend** and **Mild North spice blend** and cook, stirring, until fragrant, **1-2 minutes**.
- Stir in **tomato paste** and **coconut milk** and simmer until thickened, **2-3 minutes**. Season to taste.

**TIP:** Add a splash of water to loosen the mixture, if needed.

**Custom Recipe:** Before cooking the carrot and onion, heat a drizzle of olive oil in the frying pan over high heat. Cook chicken until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl, then continue as above. After adding the spice blends, return chicken to the pan.



## Make the mint yoghurt

- In a small bowl, combine **mint**, **Greek-style yoghurt** and a small drizzle of **olive oil**. Season with **salt** and **pepper**.



## Serve up

- Divide Indian-style coconut lentil dhal and tortilla chips between plates.
- Top lentils with tomato-spinach salsa and a dollop of mint yoghurt to serve. Enjoy!

**Custom Recipe:** Divide Indian-style chicken and coconut lentil dhal as above.

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://www.hellofresh.com.au/rate)