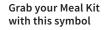


Cauliflower & Lentil Aloo Gobi

with Toasted Tortillas

TAKEAWAY FAVES

CLIMATE SUPERSTAR









Potato

Cauliflower





Carrot



Mumbai Spice





Brown Onion





Red Lentils



Chilli Flakes (Optional)





Coconut Milk

Vegetable Stock

Coriander



Mini Flour



Tortillas





Pantry items Olive Oil, Plant-Based Butter

Prep in: 30-40 mins Ready in: 35-45 mins



When you've got potato and cauliflower... make aloo gobi! This classic Indian curry uses spices like paprika, cumin and ginger to take the veggies to next-level tastiness, and we've added lentils to make it extra-hearty too. With tortillas to mop up the sauce, this is a bowl of goodness you'll crave time and again

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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

3		
	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
potato	1	2
carrot	1	2
Mumbai spice blend	1 large sachet	2 large sachets
brown onion	1	2
garlic	2 cloves	4 cloves
red lentils	1 medium packet	2 medium packets
plant-based butter*	20g	40g
chilli flakes (optional) 🌶	pinch	pinch
coconut milk	1 medium packet	2 medium packets
water*	1½ cups	3 cups
vegetable stock pot	1 medium packet	2 medium packets
mini flour tortillas	3	6
coriander	1 packet	1 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)	3040kJ (727Cal)	448kJ (107Cal)
Protein (g)	31.4g	4.6g
Fat, total (g)	28.7g	4.2g
- saturated (g)	17.8g	2.6g
Carbohydrate (g)	76.4g	11.3g
- sugars (g)	23.8g	3.5g
Sodium (mg)	2038mg	300mg
Dietary Fibre (g)	29g	4.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3756kJ (898Cal)	445kJ (106Cal)
Protein (g)	68g	8.1g
Fat, total (g)	31.2g	3.7g
- saturated (g)	18.6g	2.2g
Carbohydrate (g)	76.5g	9.1g
- sugars (g)	23.8g	2.8g
Sodium (mg)	2108mg	250mg
Dietary Fibre	29.1g	3.5g

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut cauliflower into small florets. Cut potato into bite-sized chunks. Thickly slice carrot into half-moons.
- Place prepped veggies on a lined oven tray.
 Drizzle with olive oil, sprinkle with half the
 Mumbai spice blend and season with pepper.
 Toss to coat.
- · Roast until tender, 20-25 minutes.

TIP: If your tray is getting crowded, divide the veggies between two trays.



Get prepped

- Meanwhile, finely chop brown onion and garlic.
- Rinse red lentils.

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



Cook the lentils

- In a medium saucepan, heat the plant-based butter with a drizzle of olive oil over medium-high heat. Cook onion, stirring, until softened, 4-5 minutes.
- Add garlic, remaining Mumbai spice blend and a pinch of chilli flakes (if using). Cook until fragrant, 1 minute.
- Add lentils, coconut milk, the water and vegetable stock pot. Bring to a simmer, then reduce heat to low. Cover with a lid and simmer for 15 minutes.
- Uncover, then continue to simmer until tender,
 10 minutes.

Custom Recipe: Cook chicken with onion, tossing, until browned and cooked through (when no longer pink inside), 4-5 minutes.



Heat the tortillas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **mini flour tortillas** in batches, until golden, **1-2 minutes** each side.
- Transfer to a paper towel-lined plate.



Finish the aloo gobi

When the lentils are ready, add roasted veggies.
 Gently stir to combine, then season to taste.



Serve up

- Divide cauliflower and lentil aloo gobi between bowls.
- Tear over coriander and sprinkle with extra chilli flakes (if desired).
- Serve with toasted tortillas. Enjoy!

