



Cauliflower & Lentil Aloo Gobi

with Toasted Tortillas

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Potato



Carrot



Mumbai Spice Blend



Brown Onion



Garlic



Red Lentils



Chilli Flakes (Optional)



Coconut Milk



Vegetable Stock Pot



Mini Flour Tortillas



Coriander



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

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

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

Pantry items

Olive Oil, Plant-Based Butter

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
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.



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.



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.



Finish the aloo gobi

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



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.



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!

We're here to help!

Scan here if you have any questions or concerns

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