



Indian Lentil & Cauliflower Dhal Filo Pie

with Roasted Veggies

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Cauliflower



Carrot



Zucchini



Garlic



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Red Lentils



Filo Pastry



Chicken Breast



Beef Mince

Prep in: 20-30 mins
Ready in: 45-55 mins

Be transported to a fragrant spice market with our aromatic and complex spice blends flavouring this simple and satisfying veggie option! Dive into some crisp filo pastry sitting atop a blend of tender veggies and red lentils that have soaked in all the rich saucy goodness of this delightful dish.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large baking dish

Ingredients

| | 2 People | 4 People |
|-------------------------------|------------------|------------------|
| olive oil* | refer to method | refer to method |
| cauliflower | 1 medium portion | 1 large portion |
| carrot | 1 | 2 |
| zucchini | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| Mumbai spice blend | 1 medium sachet | 1 large sachet |
| mild North Indian spice blend | 1 medium sachet | 1 large sachet |
| tomato paste | 1 medium packet | 1 large packet |
| boiling water* | 1¼ cups | 2½ cups |
| coconut milk | 1 medium packet | 2 medium packets |
| red lentils | 1 medium packet | 2 medium packets |
| filo pastry | ½ packet | 1 packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2874kJ (687Cal) | 556kJ (133Cal) |
| Protein (g) | 30.5g | 5.9g |
| Fat, total (g) | 26g | 5g |
| - saturated (g) | 16.9g | 3.3g |
| Carbohydrate (g) | 74.7g | 14.4g |
| - sugars (g) | 17.9g | 3.5g |
| Sodium (mg) | 1208mg | 234mg |
| Dietary Fibre (g) | 22.6g | 4.4g |

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **cauliflower** into small florets. Cut **carrot** and **zucchini** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, **20-25 minutes**.

4



Bake the dhal

- Transfer the **lentil dhal mixture** to a baking dish. Cover tightly with foil and bake until liquid is absorbed and lentils have softened, **20-25 minutes**.
- When the dhal is done, remove from oven, stir through **roasted veggies** and a splash of **water**. Season to taste.

2



Get prepped

- Meanwhile, boil the kettle.
- Finely chop **garlic**.

5



Add the filo pastry

- Lightly scrunch each sheet of **filo pastry** (see **ingredients**) and place on top of **dhal mixture** to completely cover.
- Gently brush (or spray) pastry with **olive oil**. Return **dhal pie** to the oven and bake until pastry is golden, **20-25 minutes**.

3



Start the dhal

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic**, **Mumbai spice blend**, **mild North Indian spice blend** and **tomato paste** until fragrant, **1-2 minutes**.
- Add the **boiling water** (1¼ cups for 2 people / 2½ cups for 4 people), **coconut milk** and **red lentils**. Season, then stir to combine and bring to a simmer, **1-2 minutes**.

6



Serve up

- Divide Indian lentil and cauliflower dhal filo pie between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into bite-sized pieces. Before cooking the sauce, cook until cooked through, 4-6 minutes. Continue with recipe.



ADD BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

