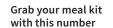


Indian Lentil & Cauliflower Dhal Filo Pie

with Roasted Veggies

NEW

CLIMATE SUPERSTAR













Zucchini



Indian Spice Blend



Mumbai Spice Blend





Coconut Milk

Tomato Paste





Filo Pastry

Red Lentils



Chicken Breast





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 |
| * Dantry Itoms | | |

Nutrition

| vg Qty | Per Serving | Per 100g |
|--|-----------------------------------|--------------------------------|
| nergy (kJ) | 2874kJ (687Cal) | 556kJ (133Cal) |
| rotein (g) | 30.5g | 5.9g |
| at, total (g) | 26g | 5g |
| saturated (g) | 16.9g | 3.3g |
| arbohydrate (g) | 74.7g | 14.4g |
| sugars (g) | 17.9g | 3.5g |
| odium (mg) | 1208mg | 234mg |
| ietary Fibre (g) | 22.6g | 4.4g |
| saturated (g) arbohydrate (g) sugars (g) odium (mg) | 16.9g 74.7g 17.9g 1208mg | 3.3g 14.4g 3.5g 234mg |

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 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.



Get prepped

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



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** (11/4 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.



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.



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.



Serve up

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



CUSTOM

ADD CHICKEN BREAST

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



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.

