

Indian Sweet Potato & Lentil Dhal

with Tortillas, Yoghurt & Fresh Chilli

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Red Lentils



Sweet Potato



Ginger Paste



Mild North Indian Spice Blend



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Mini Flour Tortillas



Baby Spinach Leaves



Long Chilli (Optional)



Greek-Style Yoghurt



Chicken Breast



Chicken Thigh

Prep in: 30-40 mins
Ready in: 40-50 mins

Creamy and coconutty, this Indian dish gets a wholesome boost from hearty lentils and a touch of tang from the yoghurt. Scoop up all the satisfying goodness with the warm toasted tortillas.

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red lentils	1 medium packet	2 medium packets
sweet potato	1	2
ginger paste	1 medium packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
water*	1½ cups	3½ cups
coconut milk	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
mini flour tortillas	6	12
baby spinach leaves	1 medium packet	1 large packet
long chilli 🌶️ (optional)	1	2
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3650kJ (872Cal)	767kJ (183Cal)
Protein (g)	30.2g	6.3g
Fat, total (g)	34.2g	7.2g
- saturated (g)	20.6g	4.3g
Carbohydrate (g)	103.9g	21.8g
- sugars (g)	21.7g	4.6g
Sodium (mg)	1638mg	344mg
Dietary Fibre (g)	20.7g	4.3g

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Rinse **red lentils**.
- Cut **sweet potato** into small chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.



Cook the tortillas

- When the dhal has **15 minutes** remaining, drizzle (or brush) a **mini flour tortilla** with **olive oil**.
- Heat a large frying pan over medium-high heat. Cook **tortilla** until golden and warmed through, **1 minute** each side.
- Transfer to a paper towel-lined plate. Repeat with remaining **tortillas** and **olive oil**.



Start the dhal

- Meanwhile, heat a drizzle of **olive oil** in a medium saucepan over medium-high heat.
- Cook **ginger paste, mild North Indian spice blend, Mumbai spice blend** and **tomato paste**, stirring, until fragrant, **1 minute**.
- Add the **water, coconut milk** and **vegetable stock powder**, stirring to combine.



Finish the dhal

- Stir **roasted sweet potato** and **baby spinach leaves** through dhal. Season to taste.

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



Simmer the dhal

- Add **lentils** to saucepan. Bring to the boil, then reduce heat to medium.
- Cover with a lid and cook, stirring occasionally, until lentils are softened, **20-22 minutes**.



Serve up

- Thinly slice **long chilli** (if using).
- Divide Indian sweet potato and lentil dhal between bowls.
- Top with a dollop of **Greek-style yoghurt** and sprinkle with **chilli**.
- Serve with tortillas. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

