

Indian Potato & Cauliflower Dhal

with Garlic Tortilla Dippers

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your meal kit with this number

41



Cauliflower



Carrot



Potato



Brown Onion



Red Lentils



Garlic



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Ginger Paste



Coconut Milk



Mini Flour Tortillas



Roasted Almonds



Chilli Flakes (Optional)



Coriander



Chicken Breast



Chicken Thigh

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

Mild Indian spices work their magic with hearty lentils and creamy coconut milk in your new favourite dhal recipe. Oven-baked tortilla dippers work a treat for scooping up the deliciousness.

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

Two oven trays lined with baking paper · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
carrot	1	2
potato	1	2
brown onion	1	2
red lentils	1 medium packet	2 medium packets
garlic	3 cloves	6 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	2 medium packets
ginger paste	1 medium packet	1 large packet
water*	2 cups	4 cups
coconut milk	1 packet	2 packets
salt*	¼ tsp	½ tsp
mini flour tortillas	3	6
roasted almonds	1 medium packet	1 large packet
chilli flakes (optional) 🌶️	pinch	pinch
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3983kJ (952cal)	298kJ (71cal)
Protein (g)	34.5g	2.6g
Fat, total (g)	36.4g	2.7g
- saturated (g)	19g	1.4g
Carbohydrate (g)	112.7g	8.4g
- sugars (g)	26.6g	2g
Sodium (mg)	1643mg	122.8mg
Dietary Fibre (g)	28.8g	2.2g

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 **240°C/200°C fan-forced**.
- Cut **cauliflower** into small florets.
- Thinly slice **carrot** into half-moons.
- Cut **potato** into bite-sized chunks.
- Place **prepped veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

4



Finish the dhal

- Add **lentils** to the saucepan. Bring to the boil, then reduce heat to medium-low. Cover with a lid and cook, stirring occasionally, until lentils are softened and dhal is thickened, **20-22 minutes**.
- Once cooked, stir through **roasted veggies** and season to taste with **salt** and **pepper**.

TIP: If the dhal is looking a little dry at any point, just add a splash of water!

2



Get prepped

- Meanwhile, thinly slice **brown onion**.
- Rinse **red lentils**.
- Finely chop **garlic**.

5



Make the tortilla dippers

- When the dhal has **10 minutes** remaining, combine a drizzle of **olive oil**, remaining **garlic** and a pinch of **salt** and **pepper** in a small bowl.
- Slice **mini flour tortillas** (see ingredients) into strips.
- Place **tortilla strips** in a single layer on a second lined oven tray, then drizzle or brush with the **garlic oil**. Bake until golden, **8-10 minutes**.

TIP: Use two oven trays if your tortilla don't fit in a single layer.

3



Start the dhal

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring, until softened, **4-5 minutes**.
- Add **Mumbai spice blend**, **mild North Indian spice blend**, **tomato paste**, **ginger paste** and half the **garlic**. Cook, stirring, until fragrant, **1 minute**.
- Add the **water**, **coconut milk** and the **salt**. Stir to combine.

6



Serve up

- Roughly chop **roasted almonds**.
- Divide Indian potato and cauliflower dhal between bowls.
- Garnish with almonds and **chilli flakes** (if using).
- Tear over **coriander** and serve with garlic tortilla dippers. 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 to dhal with veggies.



ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. Add to dhal with veggies.

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

