

Lentil Loaded Spuds & Tomato Salad

with Tamarind Chutney

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Potato



Brown Onion



Garlic



Snacking Tomatoes



Carrot



Lentils



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Pot



Mixed Salad Leaves



Flaked Almonds



Mint



Tamarind Chutney



Chicken Breast



Haloumi

Prep in: 20-30 mins
Ready in: 50-60 mins

Calorie Smart

Plant Based

Bursting with Indian-inspired flavours, this winner plant-based dinner is comfort on a plate. If you love lentil dhal over rice, wait till you try it on the baked potatoes. Trust us, it works.

Pantry items

Olive Oil, White Wine Vinegar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
brown onion	1	2
garlic	2 cloves	4 cloves
snacking tomatoes	1 packet	2 packets
carrot	1	2
lentils	1 packet	2 packets
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
coconut milk	1 packet	2 packets
vegetable stock pot	½ packet	1 packet
water*	¼ cup	½ cup
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
mint	½ packet	1 packet
tamarind chutney	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2530kJ (314cal)	314kJ (39cal)
Protein (g)	27.6g	3.4g
Fat, total (g)	19.9g	2.5g
- saturated (g)	14.9g	1.8g
Carbohydrate (g)	71.9g	8.9g
- sugars (g)	26.3g	3.3g
Sodium (mg)	1460mg	181.1mg
Dietary Fibre (g)	24.2g	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.



Bake the potatoes

- Preheat oven to **200°C/180°C fan-forced**.
- Slice **potato** into halves.
- Place **potato halves** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Arrange so that each **potato** is cut-side down.
- Bake until crisp and tender, **35-45 minutes**.
- Remove from oven, then carefully turn each **potato** to be cut-side up.
- Return to oven to bake until golden, a further **6-8 minutes**.

TIP: If your oven tray is crowded, divide the potatoes between two trays.



Finish the dhal

- To pan, add **garlic**, **Mumbai spice blend** and **tomato paste**. Cook until fragrant, **1 minute**.
- Stir in **lentils**, **coconut milk**, **vegetable stock pot (see ingredients)** and the **water**. Simmer until thickened, **2-4 minutes**.
- Season with **salt** and **pepper** to taste.



Get prepped

- While the potatoes are baking, finely chop **brown onion** and **garlic**.
- Halve **snacking tomatoes**.
- Grate **carrot**.
- Drain and rinse **lentils**.



Make the salad

- While the lentils are simmering, combine a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste, then add **mixed salad leaves** and **tomato**. Toss to coat.



Start the dhal

- When the potatoes have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion** and **carrot**, tossing, until tender, **4-5 minutes**.



Serve up

- Divide potatoes and tomato salad between serving plates.
- Spoon lentil dhal over potatoes.
- Sprinkle with **flaked almonds**.
- Tear over **mint (see ingredients)**.
- Serve with **tamarind chutney**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut chicken horizontally into steaks. Cook until golden and browned, 3-6 minutes each side.



ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

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

