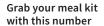


Lentil Loaded Spuds & Tomato Salad

with Tamarind Chutney

CLIMATE SUPERSTAR











Potato

Brown Onion





Snacking Tomatoes







Carrot





Mumbai Spice

Tomato Paste







Coconut Milk

Vegetable Stock





Mixed Salad

Flaked Almonds







Pantry items

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

Plant Based



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

3		
	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*	1/4 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.



Get prepped

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



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.



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.



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.



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!



CUSTOM OPTIONS

ADD CHICKEN BREAST

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



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

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

