

# Indian-Style Coconut Lentil Dhal

with Tomato-Corn Salsa, Tortilla Chips & Mint Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Brown Onion



Snacking Tomatoes



Coriander



Mint



Garlic



Mini Flour Tortillas



Carrot



Lentils



Sweetcorn



Greek-Style Yoghurt



Tandoori Paste



Tomato Paste



Coconut Milk



Chicken Breast



Chicken Thigh

Prep in: 25-35 mins  
Ready in: 35-45 mins

We've combined the flavours of Indian cuisine with the textures and fun of a nachos bowl. From the creamy coconut lentils to the sweet and juicy salsa and cooling mint yoghurt, scoop up all the deliciousness with the oven-baked tortilla chips. Cutlery optional!

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
<b>olive oil*</b>	refer to method	refer to method
brown onion	1	2
snacking tomatoes	1 packet	2 packets
coriander	1 packet	1 packet
mint	1 packet	1 packet
garlic	2 cloves	4 cloves
mini flour tortillas	6	12
carrot	1	2
lentils	1 packet	2 packets
sweetcorn	1 medium tin	1 large tin
<b>white wine vinegar*</b>	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
tandoori paste	1 packet	2 packets
tomato paste	1 medium packet	1 large packet
coconut milk	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3159kJ (755cal)	441kJ (62cal)
Protein (g)	24.9g	3.5g
Fat, total (g)	29.7g	4.1g
- saturated (g)	18.5g	2.6g
Carbohydrate (g)	87.9g	12.3g
- sugars (g)	22.5g	3.1g
Sodium (mg)	1260mg	176mg
Dietary Fibre (g)	20.5g	2.9g

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](https://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 **200°C/180°C fan-forced**.
- Thinly slice **brown onion**.
- Halve **snacking tomatoes**.
- Roughly chop **coriander**.
- Pick and thinly slice **mint** leaves.
- Finely chop **garlic**.
- Cut **mini flour tortillas** into wedges.
- Grate **carrot**.
- Drain and rinse **lentils**.
- Drain **sweetcorn**.



## Bake the tortillas

- Spread **tortilla wedges** in a single layer on a lined oven tray. Drizzle (or spray) with **olive oil**. Season to taste, then toss to coat.
- Bake until golden, **8-10 minutes**.

**TIP:** *If the tortilla wedges don't fit in a single layer, divide them between two oven trays.*



## Make the salsa

- In a medium bowl, combine **coriander**, **tomato**, **corn** and a drizzle of the **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.



## Make the mint yoghurt

- In a small bowl, combine **mint**, **Greek-style yoghurt** and a small drizzle of **olive oil**. Season to taste.



## Cook the coconut lentils

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **carrot** and **onion**, stirring, until softened, **3-4 minutes**.
- Add **lentils** and cook, until heated through, **2 minutes**.
- Add **garlic** and **tandoori paste** and cook, stirring until fragrant, **1-2 minutes**.
- Stir in **tomato paste** and **coconut milk** and simmer until thickened, **2-3 minutes**. Season to taste.

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



## Finish & serve

- Divide Indian-style coconut lentil dhal between bowls.
- Top lentils with salsa and a dollop of mint yoghurt.
- Serve with tortilla chips. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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### CUSTOM OPTIONS

#### + ADD CHICKEN BREAST

Cut into 2cm chunks. Cook in a frying pan, until cooked through, 4-6 minutes.

#### + ADD CHICKEN THIGH

Cut into 2cm chunks. Cook in a frying pan, until cooked through, 5-6 minutes.

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

