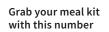


Prep in: 25-35 mins

Ready in: 35-45 mins

Indian-Style Coconut Lentil Dhal with Tomato-Corn Salsa, Tortilla Chips & Mint Yoghurt

CLIMATE SUPERSTAR















Coriander









Carrot



Tortillas





Sweetcorn



Tandoori Paste



Tomato Paste



Coconut Milk



Pantry items Olive Oil, White Wine Vinegar 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!

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 |
| 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 |
| white wine vinegar* | 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 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.



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.



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.



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 voghurt.
- · Serve with tortilla chips. Enjoy!



CUSTOM Cut

OPTIONS

ADD CHICKEN BREAST

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



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.

