



Cheezy Dhal-Loaded Jacket Potatoes

with Cucumber Salad, Almonds & Coconut Yoghurt

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Cucumber



Carrot



Lentils



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Mixed Salad Leaves



Flaked Almonds



Mint



Plant-Based Shredded Cheddar Cheese



Plant-Based Coconut Yoghurt

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



Plant Based



Naturally Gluten-Free

Not suitable for coeliacs



Calorie Smart

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 cheezy baked potatoes. Trust us, it works.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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 |
| plant-based shredded Cheddar cheese | 1 medium packet | 1 large packet |
| brown onion | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| cucumber | 1 | 2 |
| carrot | 1 | 2 |
| lentils | 1 tin | 2 tins |
| Mumbai spice blend | 1 medium sachet | 1 large sachet |
| tomato paste | 1 packet | 2 packets |
| coconut milk | 1 medium tin | 1 large tin |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| water* | ¼ cup | ½ cup |
| mixed salad leaves | 1 medium bag | 1 large bag |
| white wine vinegar* | drizzle | drizzle |
| flaked almonds | 1 medium packet | 1 large packet |
| mint | 1 bag | 1 bag |
| plant-based coconut yoghurt | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2424kJ (579Cal) | 304kJ (72Cal) |
| Protein (g) | 18.8g | 2.4g |
| Fat, total (g) | 27.8g | 3.5g |
| - saturated (g) | 21g | 2.6g |
| Carbohydrate (g) | 68.6g | 8.6g |
| - sugars (g) | 19.3g | 2.4g |
| Sodium (mg) | 2067mg | 260mg |

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



Bake the cheezy 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. Sprinkle with **plant-based shredded Cheddar cheese**.
- 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.

4



Finish the dhal

- Add **garlic**, **Mumbai spice blend** and **tomato paste**. Cook until fragrant, **1 minute**.
- Stir in **lentils**, **coconut milk**, **vegetable stock powder** and the **water**. Simmer until thickened, **2-4 minutes**.
- Season with **salt** and **pepper** to taste.

2



Get prepped

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

5



Make the salad

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

3



Start the dhal

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

6



Serve up

- Divide cheezy jacket potatoes and cucumber salad between plates.
- Spoon dhal over potatoes. Sprinkle with **flaked almonds**. Tear over **mint** leaves.
- Serve with a dollop of **plant-based coconut yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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