

Dhal-Loaded Jacket Potatoes

with Cucumber Salad, Almonds & Coconut Yoghurt

EXPLORER

CLIMATE SUPERSTAR



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 Coconut Yoghurt




Chicken Breast

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

 Calorie Smart

 Plant Based*

 Eat Me Early*
*Custom Recipe only

*Custom Recipe is not 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 crispy baked potatoes. Trust us, it works wonders!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
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	1 packet
coconut milk	1 medium tin	2 medium tins
vegetable stock powder	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
flaked almonds	1 medium packet	1 large packet
mint	1 bag	1 bag
plant-based coconut yoghurt	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1877kJ (449Cal)	234kJ (56Cal)
Protein (g)	19.6g	2.4g
Fat, total (g)	28.2g	3.5g
- saturated (g)	22.8g	2.8g
Carbohydrate (g)	67.1g	8.3g
- sugars (g)	22.9g	2.8g
Sodium (mg)	1926mg	240mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2637kJ (630Cal)	272kJ (65Cal)
Protein (g)	52.9g	5.5g
Fat, total (g)	33.4g	3.4g
- saturated (g)	24.4g	2.5g
Carbohydrate (g)	67.1g	6.9g
- sugars (g)	22.9g	2.4g
Sodium (mg)	2014mg	208mg

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.

We're here to help!

Scan here if you have any questions or concerns



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, **40-45 minutes**.

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



Finish the dhal

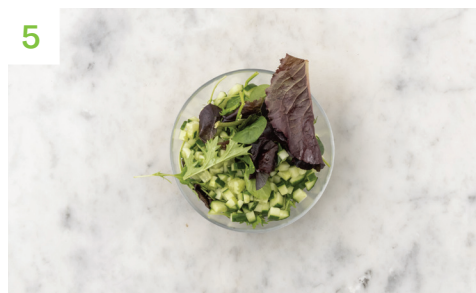
- Add **garlic**, **Mumbai spice blend** and **tomato paste**. Cook until fragrant, **1 minute**.
- Stir in **lentils**, **coconut milk**, **vegetable stock powder** and the **water**. Simmer until thickened, **2-4 minutes**.
- Season with **salt** and **pepper** to taste.



Get prepped

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

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



Make the salad

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



Start the dhal

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

Custom Recipe: Cook chicken with onion and carrot, until browned and cooked through (when no longer pink inside), 4-5 minutes.



Serve up

- Divide baked 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!

Rate your recipe

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