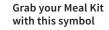


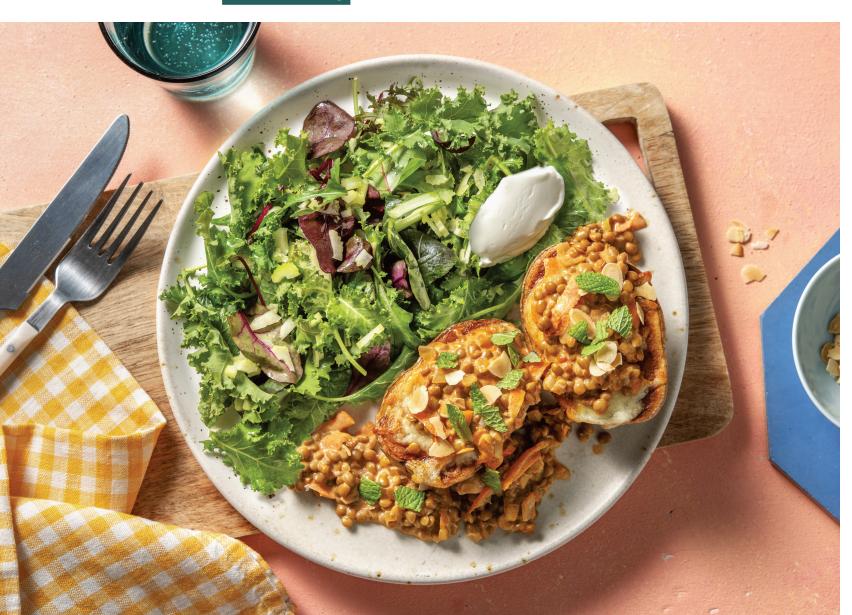
# Plant-Based Cheezy Dhal-Loaded Potatoes

with Celery Salad, Almonds & Coconut Yoghurt

WINTER WARMERS

















Celery





Carrot



Tomato Paste



Mixed Salad





Vegetable Stock





Flaked Almonds



Plant-Based Coconut Yoghurt



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



Calorie Smart^

^Custom recipe is not Calorie Smart

Plant Based\* \*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 cheezy baked potatoes. Trust us, it works.

**Pantry items** Olive Oil, White Wine Vinegar

#### Before you start

Wash your hands and any fresh food.

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
plant-based grated cheese	1 packet	2 packets	
brown onion	1	2	
garlic	2 cloves	4 cloves	
celery	1 medium bag	1 large bag	
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 packet	2 medium packets	
vegetable stock powder	1 medium sachet	1 large sachet	
water*	1/4 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			

\*Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2753kJ (658Cal)	334kJ (80Cal)
Protein (g)	28.4g	3.4g
Fat, total (g)	25.7g	3.1g
- saturated (g)	20.5g	2.5g
Carbohydrate (g)	71.3g	8.7g
- sugars (g)	22.4g	2.7g
Sodium (mg)	1848mg	224mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3490kJ</b> (834Cal)	353kJ (84Cal)
Protein (g)	63.3g	6.4g
Fat, total (g)	29.5g	3g
- saturated (g)	21.7g	2.2g
Carbohydrate (g)	71.3g	7.2g
- sugars (g)	22.4g	2.3g
Codium (max)	1027ma	10Ema

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, 35-45 minutes.
- Remove from oven, then carefully turn each potato to be cut-side up. Sprinkle with plant-based grated 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.



#### 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 celery, then set aside. Grate carrot. Drain and rinse lentils.

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



# 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, stirring, 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.



# 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 celery. Toss to coat.



## Serve up

- Divide cheezy jacket potatoes and 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

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate