



# Greek Lentil and Veggie Tacos

with Minted Yoghurt Sauce & Slivered Almonds

← Look for this colour on your recipe kit!



Make a minted yoghurt sauce



Green Capsicum



Cucumber



Red Onion



Oregano



Tomato



Lentils



Garlic



Greek Spice Blend



Mint



Greek Yoghurt



Mini Tortilla Wraps



Slivered Almonds

Pantry Staples



Red Wine Vinegar



Olive Oil



Hands-on: 20 mins

Ready in: 25 mins

We're never one to jump on a food trend for the sake of it, it's just not our style. But when something feels as effortless and delicious as these Greek lentil tacos? Well then, sign us up for seconds!

# BEFORE YOU START

You will need: **chef's knife, chopping board, sieve, garlic crusher, medium bowl, spoon, medium frying pan, wooden spoon, small bowl** and a **sandwich press** or **microwave**. Let's start cooking the **Greek Lentil and Veggie Tacos with Minted Yoghurt Sauce & Slivered Almonds**



## 1 GET PREPPED

Dice the **green capsicum** and the **cucumber**. Finely slice the **red onion**. Pick the **oregano** leaves. Cut the **tomato** in half, scoop out the seeds and dice the flesh only (discard the tomato seeds). Drain and rinse the **lentils**. Peel and crush the **garlic**.

**TIP:** Tomato seeds are surrounded by a lot of moisture. Removing the seeds will help to keep the veggies crisp when they are tossed together.



## 2 PREP THE VEGGIES

In a medium bowl, combine the **green capsicum, cucumber, 1/2 of the red onion, the oregano** and the **tomato**. Pour over the **red wine vinegar** and **1/2 the olive oil**, and season to taste with a **pinch of salt** and **pepper**. Stir to combine and set aside.



## 3 COOK THE LENTILS

Heat the **remaining olive oil** in a medium frying pan over a medium-high heat. Add the **remaining red onion** and cook for **4-5 minutes**, or until softened. Add the **lentils, garlic** and the **Greek spice blend** and cook for **2-3 minutes**, or until fragrant. Drizzle with a little extra **olive oil** and season to taste with a **pinch of salt** and **pepper**. Set aside.



## 4 PREP THE YOGHURT SAUCE

While the lentils are cooking, finely chop the **mint** leaves. Combine the **Greek yoghurt** and **mint** in a small bowl. Season to taste with a **pinch of salt** and **pepper**.



## 5 HEAT THE TORTILLAS

Place the **mini tortilla wraps** in a sandwich press or in the microwave for **25 seconds** (or until heated through).



## 6 SERVE UP

Divide the mini tortilla wraps between plates. Fill with the Greek lentils and veggies. Dollop over the minted yoghurt sauce and sprinkle with slivered almonds.

# Enjoy!

# 2 | 4 PEOPLE INGREDIENTS

|                     | 2P               | 4P                |
|---------------------|------------------|-------------------|
| green capsicum      | 1                | 2                 |
| cucumber            | 1                | 2                 |
| red onion           | 1                | 1                 |
| oregano             | 1 bunch          | 2 bunches         |
| tomato              | 1                | 2                 |
| lentils             | 1 tin (400g)     | 2 tins (800g)     |
| garlic              | 2 cloves         | 4 cloves          |
| red wine vinegar*   | 2 tsp            | 1 tbs             |
| olive oil*          | 1 tbs            | 2 tbs             |
| Greek spice blend   | 1 sachet (2 tsp) | 2 sachets (1 tbs) |
| mint                | 1 bunch          | 2 bunches         |
| Greek yoghurt       | 1 tub (100g)     | 2 tubs (200g)     |
| mini tortilla wraps | 6                | 12                |
| slivered almonds    | 1 packet (2 tbs) | 2 packets (4 tbs) |

\*Pantry Items | Ingredient features in another recipe

| NUTRITION        | PER SERVING     | PER 100G      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2580kJ (616Cal) | 406kJ (97Cal) |
| Protein (g)      | 22.6g           | 3.6g          |
| Fat, total (g)   | 23.3g           | 3.7g          |
| - saturated (g)  | 4.0g            | 0.6g          |
| Carbohydrate (g) | 69.4g           | 10.9g         |
| - sugars (g)     | 11.6g           | 1.8g          |
| Sodium (g)       | 501mg           | 79mg          |

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2017 | WK23 | V3