

Indian Coconut Lentil Nachos

with Pickled Onion & Mint Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Tomato



Cucumber



Coriander



Mint



Garlic



Mini Flour Tortillas



Lentils



Carrot



Tandoori Paste



Greek-Style Yoghurt



Tomato Paste



Coconut Milk

 Hands-on: 25-35 mins
Ready in: 35-45 mins

Get ready to experience the flavours of Indian cuisine combined with the textures of a nacho bowl. The result is a flavourful combo that will leave everyone wanting more!

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

Two oven trays lined with baking paper Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
white wine vinegar*	¼ cup	½ cup
tomato	1	2
cucumber	1	2
coriander	1 bag	1 bag
mint	1 bunch	1 bunch
garlic	2 cloves	4 cloves
mini flour tortillas	6	12
lentils	1 tin	2 tins
carrot	1	2
tandoori paste	1 sachet (50g)	2 sachets (100g)
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
tomato paste	1 packet	2 packets
coconut milk	1 box (200ml)	1 tin (400ml)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3298kJ (788Cal)	404kJ (96Cal)
Protein (g)	27.7g	3.4g
Fat, total (g)	30.3g	3.7g
- saturated (g)	18.6g	2.3g
Carbohydrate (g)	87.5g	10.7g
- sugars (g)	22.3g	2.7g
Sodium (mg)	1508mg	185mg

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.



Pickle the onion

Preheat the oven to **200°C/180°C fan-forced**. Cut the **red onion** in half. Thinly slice 1/2 the **onion**, and finely chop the remainder (this will be used in step 5!). In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add to the bowl. Add enough **water** to cover the **onion** and stir to coat. Set aside until serving.



Bake the tortillas

Place the **tortilla** wedges in a single layer on an oven tray. Drizzle (or spray) with **olive oil**, season and toss to coat. Bake until golden, **8-10 minutes**.

TIP: If the tortilla wedges don't fit in one layer, divide them between two oven trays.



Get prepped

While the onion is pickling, roughly chop the **tomato**, **cucumber** and **coriander**. Transfer to a medium bowl and stir to combine. Pick and thinly slice the **mint**. Finely chop the **garlic**. Cut the **mini flour tortillas** into wedges. Drain and rinse the **lentils**. Grate the **carrot**.



Cook the lentils

While the tortillas are baking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **carrot** and remaining **onion** until softened, **3-4 minutes**. Add the **lentils** and cook until heated through, **2 minutes**. Add the **garlic** and **tandoori paste** and cook, stirring, until fragrant, **1-2 minutes**. Stir through the **tomato paste** and **coconut milk** and season. Simmer until the sauce has thickened, **2-3 minutes**. Add a splash of **water** if the mixture seems dry.



Make the yoghurt

In a small bowl, combine the **mint**, **Greek-style yoghurt** and a small drizzle of **olive oil**. Season with **salt** and **pepper**.



Serve up

Drain the pickled onion. Divide the tortilla chips between plates and serve with the lentil mixture, salsa, pickled onion and mint yoghurt.

Enjoy!