



Indian Lentil Dhal Pie

with Mashed Potato Topping & Mint Raita

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Red Lentils



Potato



Tomato Paste



Coconut Milk



Baby Spinach Leaves



Mint



Soffritto Mix



Ginger Paste



Bengal Curry Paste



Greek-Style Yoghurt



Chicken Breast

Prep in: 25-35 mins
Ready in: 45-55 mins

Eat Me Early*
*Custom Recipe only

You've had dhal on rice, but wait till you try it in pie form! The potato topping gets lovely and golden under the grill, pairing perfectly with the mildly spiced lentil filling. A dollop of cooling, tangy mint yoghurt is all you need to complete the dish.

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

Pantry items

Olive Oil, Butter, Milk

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

Medium saucepan · Large saucepan with a lid · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red lentils	1 medium packet	1 large packet
potato	2	4
soffritto mix	1 medium bag	1 large bag
ginger paste	1 medium packet	1 large packet
Bengal curry paste	½ packet	1 packet
tomato paste	1 packet	1 packet
water*	1½ cups	3 cups
salt*	½ tsp	1 tsp
coconut milk	1 medium tin	2 medium tins
baby spinach leaves	1 small bag	1 medium bag
butter*	40g	80g
milk*	2 tbs	¼ cup
mint	1 bag	1 bag
Greek-style 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)	3311kJ (791Cal)	575kJ (137Cal)
Protein (g)	27.5g	4.8g
Fat, total (g)	42.7g	7.4g
- saturated (g)	26.3g	4.6g
Carbohydrate (g)	64.4g	11.2g
- sugars (g)	16.1g	2.8g
Sodium (mg)	1378mg	239mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4064kJ (971Cal)	548kJ (131Cal)
Protein (g)	61.5g	8.3g
Fat, total (g)	47.5g	6.4g
- saturated (g)	27.7g	3.7g
Carbohydrate (g)	64.6g	8.7g
- sugars (g)	16.3g	2.2g
Sodium (mg)	1462mg	197mg

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

2022 | CW43



Get prepped

- Bring a medium saucepan of salted water to the boil.
- Rinse **red lentils**.
- Peel **potato** and cut into bite-sized chunks.

TIP: Save time and get more fibre by leaving the potato unpeeled!

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



Make the mash

- Meanwhile, cook **potato** in the saucepan of boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain and return to the pan.
- Add the **butter** and **milk** to the **potato**. Season generously with **salt**. Mash until smooth.



Start the pie filling

- In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat.
- Add **soffritto mix** and cook, stirring, until softened, **4-6 minutes**.
- Add **ginger paste**, **Bengal curry paste** (see ingredients) and **tomato paste** and cook, stirring until fragrant, **2 minutes**.

Custom Recipe: Cook chicken with the veggies, tossing occasionally, until browned, 5-6 minutes.



Grill the pie & prep the yoghurt

- While the sauce is cooking, preheat the grill to high. Transfer **lentil mixture** to a baking dish. Gently spread the **mash** over the **lentil mixture** with the back of a spoon. Grill the **pie** until lightly golden, **5-10 minutes**.
- Meanwhile, pick and roughly chop **mint**.
- In a small bowl, combine **Greek-style yoghurt** and **mint**. Season to taste.



Make it saucy

- Stir through the **water**, the **salt**, **lentils** and **coconut milk**.
- Cover with a lid, reduce heat to medium and cook, stirring occasionally, until lentils have softened, **20-22 minutes**.
- In the last **2 minutes**, remove the lid and stir through **baby spinach leaves**, stirring, until wilted.

TIP: Add a splash of water if the sauce looks dry.



Serve up

- Divide the Indian lentil dhal pie between bowls.
- Top with mint yoghurt to serve. Enjoy!

Rate your recipe

We need your expertise!

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