



Indian-Style Coconut Lentil Nachos

with Pickled Onion & Mint Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Coriander



Cherry Tomatoes



Sweetcorn



Mint



Garlic



Mini Flour Tortillas



Lentils



Carrot



Greek-Style Yoghurt



Tandoori Paste



Tomato Paste



Coconut Milk



Chicken Breast

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

Eat Me Early*
*Custom Recipe Only

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

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
red onion	1	2
white wine vinegar*	¼ cup	½ cup
coriander	1 bag	1 bag
cherry tomatoes	1 punnet	2 punnets
sweetcorn	1 tin (125g)	1 tin (300g)
mint	1 bag	1 bag
garlic	2 cloves	4 cloves
mini flour tortillas	6	12
lentils	1 tin	2 tins
carrot	1	2
Greek-style yoghurt	1 medium packet	1 large packet
tandoori paste	1 packet	2 packets
tomato paste	1 packet	2 packets
coconut milk	1 medium tin	1 large tin
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3113kJ (744Cal)	422kJ (101Cal)
Protein (g)	23g	3.1g
Fat, total (g)	29.5g	4g
- saturated (g)	15.4g	2.1g
Carbohydrate (g)	84.8g	11.5g
- sugars (g)	23g	11.5g
Sodium (mg)	1683mg	228mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3932kJ (940Cal)	435kJ (104Cal)
Protein (g)	53.2g	5.9g
Fat, total (g)	37.7g	4.2g
- saturated (g)	17.9g	2g
Carbohydrate (g)	84.8g	9.4g
- sugars (g)	23g	9.4g
Sodium (mg)	1786mg	198mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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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**, then 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 **pickling liquid**. Add enough **water** to just cover the **onion**. Set aside.



Bake the tortillas

Spread the **tortilla wedges** in a single layer on a lined oven tray. Drizzle (or spray) with **olive oil**, season with **salt** and **pepper** 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

Roughly chop the **coriander**. Halve the **cherry tomatoes**. Drain the **sweetcorn**. In a medium bowl, combine the **coriander**, **tomatoes** and **corn**, then set aside. Pick and thinly slice the **mint leaves**. Finely chop the **garlic**. Cut the **mini flour tortillas** into wedges. Drain and rinse the **lentils**. Grate the **carrot**.

CUSTOM RECIPE

If you've added chicken breast, cut the chicken into 2cm chunks.



Cook the coconut lentils

While the tortillas are baking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **carrot** and remaining chopped **onion**, stirring, until softened, **3-4 minutes**. Add the **lentils** and cook, **2 minutes**. Add the **garlic** and **tandoori paste** and cook until fragrant, **1-2 minutes**. Stir through the **tomato paste** and **coconut milk**. If needed, add a splash of **water** to loosen. Simmer until thickened, **2-3 minutes**. Season to taste.

CUSTOM RECIPE

Before cooking carrot and onion, heat a drizzle of olive oil in frying pan over a high heat. Cook chicken until browned and cooked through, 5-6 minutes. Transfer to a bowl, then continue as above. After adding tandoori paste, return chicken to pan, then continue with the step.



Make the mint 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. Top with the coconut lentils, some salsa and pickled onion. Serve with a dollop of the mint yoghurt.

Enjoy!

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