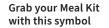
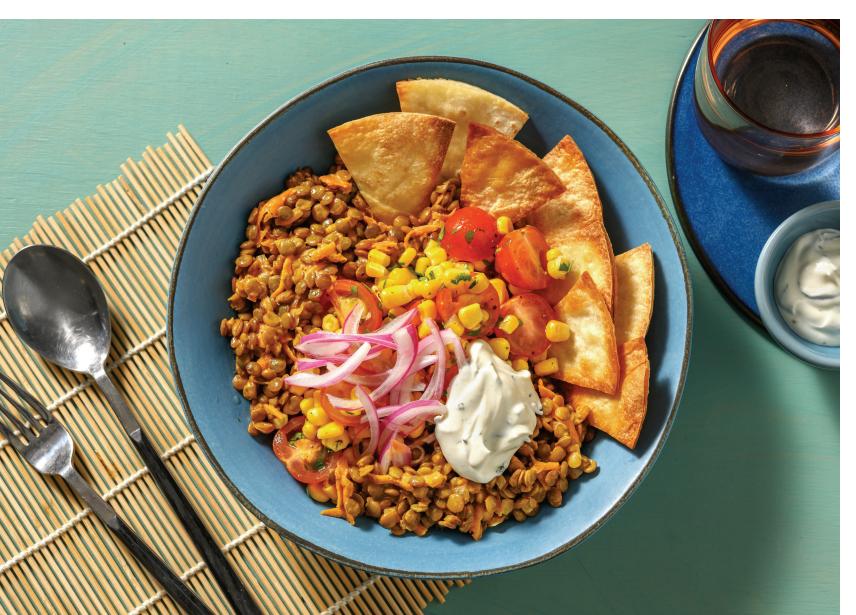


Indian-Style Coconut Lentil Nachos with Pickled Onion & Mint Yoghurt











Coriander





Cherry Tomatoes

Sweetcorn









Mini Flour Tortillas





Carrot





Tandoori Paste

Tomato Paste

Coconut Milk

Pantry items

Olive Oil, White Wine Vinegar

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!



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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
white wine vinegar*	1/4 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



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!



