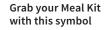


Indian-Style Coconut Lentil Nachos with Tomato-Corn Salsa & Mint Yoghurt

CLIMATE SUPERSTAR









Snacking Tomatoes





Coriander





Tortillas

Carrot





Lentils

Tomato Paste



Coconut Milk





Tandoori Paste



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

> Eat Me Early* *Custom Recipe only



We've combined the flavours of Indian cuisine with the textures and fun of a nachos bowl. From the creamy coconut lentils to the sweet and juicy salsa and cooling mint yoghurt, scoop up all the deliciousness with the oven-baked tortilla chips. Cutlery optional!

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 \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
snacking tomatoes	1 punnet	2 punnets
coriander	1 bag	1 bag
mint	1 bag	1 bag
garlic	2 cloves	4 cloves
mini flour tortillas	6	12
carrot	1	2
sweetcorn	1 medium tin	1 large tin
lentils	1 tin	2 tins
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
tandoori paste	1 packet	2 packets
tomato paste	1 packet	1 packet
coconut milk	1 medium tin	2 medium tins
chicken breast**	1 small packet	1 large packet

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2463kJ (589Cal)	339kJ (81Cal)
Protein (g)	23.2g	3.2g
Fat, total (g)	28.6g	3.9g
- saturated (g)	17.9g	2.5g
Carbohydrate (g)	82.9g	11.4g
- sugars (g)	23.8g	3.3g
Sodium (mg)	1531mg	211mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3223kJ (770Cal)	362kJ (87Cal)
Protein (g)	56.5g	6.3g
Fat, total (g)	33.9g	3.8g
- saturated (g)	19.5g	2.2g
Carbohydrate (g)	82.9g	9.3g
- sugars (g)	23.8g	2.7g
Sodium (mg)	1620mg	182mg

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.





Get prepped

- Preheat oven to 200°C/180°C fan-forced.
- Thinly slice brown onion. Halve snacking tomatoes. Roughly chop coriander. Pick and thinly slice mint leaves. Finely chop garlic.
- Cut mini flour tortillas into wedges.
- Grate carrot. Drain sweetcorn. Drain and rinse lentils.



Bake the tortillas

- Spread tortilla wedges in a single layer on a lined oven tray. Drizzle (or spray) with olive oil.
 Season, then toss to coat.
- Bake until golden, 8-10 minutes

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



Make the salsa

 In a medium bowl, combine coriander, tomato and corn and a drizzle of white wine vinegar and olive oil. Season.

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



Make the mint yoghurt

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



Cook the coconut lentils

- Meanwhile, heat a drizzle of olive oil in a large frying pan over medium-high heat. Cook carrot and onion, stirring, until softened, 3-4 minutes.
- Add lentils and cook until heated through,
 2 minutes.
- Add garlic and tandoori paste and cook, stirring, until fragrant, 1-2 minutes.
- Stir in tomato paste and coconut milk and simmer until thickened, 2-3 minutes. Season to taste.

TIP: The tandoori paste is mild, but use less if you're sensitive to heat!

TIP: Add a splash of water to loosen the mixture, if needed.

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



Serve up

- Divide coconut lentils and tortilla chips between plates.
- Top lentils with salsa and a dollop of mint yoghurt to serve. Enjoy!

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate