



# Indian-Style Coconut Lentil Nachos

with Tomato-Corn Salsa & Mint Yoghurt

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Brown Onion



Snacking Tomatoes



Coriander



Mint



Garlic



Mini Flour Tortillas



Carrot



Sweetcorn



Lentils



Tomato Paste



Coconut Milk



Greek-Style Yoghurt



Tandoori Paste



Chicken Breast

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



Calorie Smart<sup>^</sup>  
<sup>^</sup>Custom Recipe is not Calorie Smart



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!

**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
<b>olive oil*</b>	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
<b>white wine vinegar*</b>	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](https://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



## 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.



## 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.



## 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**.



## Serve up

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

## Rate your recipe

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