



Hearty Cauliflower & Silverbeet Lentil Dhal

with Toasted Tortilla Slices & Yoghurt

Grab your Meal Kit with this symbol



Red Lentils



Cauliflower



Ginger Paste



Mild North Indian Spice Blend



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Silverbeet



Mini Flour Tortillas



Long Chilli (Optional)



Greek-Style Yoghurt



Chicken Breast

Prep in: 30-40 mins
Ready in: 40-50 mins

Eat Me Early*
*Custom Recipe only

Cauliflower and lentils are truly the stars of tonight's dinner. Super saucy and seasoned with the best Mumbai flavours, you've got yourself the perfect base for dunking tasty tortilla slices into!

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

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red lentils	1 medium packet	1 large packet
cauliflower	1 medium portion	1 large portion
ginger paste	1 medium packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
water*	1 ½ cups	3 ½ cups
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
silverbeet	1 medium bag	1 large bag
mini flour tortillas	4	8
long chilli  (optional)	1	2
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)	3056kJ (730Cal)	654kJ (156Cal)
Protein (g)	31.2g	6.7g
Fat, total (g)	30.2g	6.5g
- saturated (g)	17.6g	3.8g
Carbohydrate (g)	74.2g	15.9g
- sugars (g)	19.2g	4.1g
Sodium (mg)	1734mg	371mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3792kJ (906Cal)	600kJ (143Cal)
Protein (g)	66.1g	10.5g
Fat, total (g)	34g	5.4g
- saturated (g)	18.8g	3g
Carbohydrate (g)	74.2g	11.7g
- sugars (g)	19.2g	3g
Sodium (mg)	1814mg	287mg

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



1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Rinse **red lentils**. Cut **cauliflower** (including stalk!) into small florets.
- Place **cauliflower** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide cauliflower between two trays.

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

4



Toast the tortilla slices

- When lentils have softened, slice each **mini flour tortilla** in half. Toast or grill to your liking.

2



Start the dhal

- Meanwhile, heat a drizzle of **olive oil** in a large saucepan over medium-high heat.
- Cook **ginger paste**, **mild North Indian spice blend**, **Mumbai spice blend** and **tomato paste**, stirring, until fragrant, **1 minute**.
- Add the **water**, **coconut milk** and **vegetable stock powder**, stirring to combine.

Custom Recipe: Heat saucepan as above. Cook the chicken until browned and cooked through, 4-5 minutes. Transfer to a bowl. Continue with the step, then return the chicken to the pan when adding the coconut milk.

5



Finish the dhal

- Meanwhile, stir **roasted cauliflower** and **silverbeet** through **dhal**. Season to taste.

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

3



Simmer the dhal

- To the saucepan, add **lentils**. Bring to the boil, then reduce heat to medium.
- Cover with a lid and cook, stirring occasionally, until lentils are softened, **20-22 minutes**.
- Meanwhile, roughly chop **silverbeet**.

6



Serve up

- Thinly slice **long chilli** (if using).
- Divide hearty cauliflower and silverbeet lentil dhal between bowls.
- Top with a dollop of **Greek-style yoghurt** and **chilli**.
- Serve with toasted tortilla slices. Enjoy!

Rate your recipe

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