













Mumbai Chickpea & Sweet Potato Dosa-dillas

with Tomato Salsa & Yoghurt

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Garlic
-  Brown Onion
-  Capsicum
-  Chickpeas
-  Mumbai Spice Blend
-  Tandoori Paste
-  Tomato Paste
-  Vegetable Stock Powder
-  Mini Flour Tortillas
-  Shredded Cheddar Cheese
-  Tomato
-  Coriander
-  Greek-Style Yoghurt

Hands-on: 25-35 mins
Ready in: 45-55 mins

We've packaged all the amazing flavours of an Indian-inspired chickpea dosa into this Mexican-style dish. Teamed with a refreshing salsa and cooling yoghurt, it's a sublime meal everyone will love.

Pantry items
Olive Oil, Butter, 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
sweet potato	1	2
garlic	2 cloves	4 cloves
brown onion	½	1
capsicum	1	2
chickpeas	1 tin	2 tins
Mumbai spice blend	1 sachet	2 sachets
tandoori paste	1 packet	2 packets
tomato paste	1 sachet	2 sachets
water*	½ cup	1 cup
butter*	20g	40g
vegetable stock powder	1 sachet	1 sachet
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
tomato	2	4
coriander	1 bag	1 bag
white wine vinegar*	1 tsp	2 tsp
Greek-style yoghurt	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3708kJ (886Cal)	501kJ (120Cal)
Protein (g)	29.6g	4g
Fat, total (g)	38.8g	5.2g
- saturated (g)	14.9g	2g
Carbohydrate (g)	97.6g	13.2g
- sugars (g)	26g	13.2g
Sodium (mg)	2420mg	327mg

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.



Bake the sweet potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into small chunks and place on a lined oven tray. Add a drizzle of **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **10-15 minutes**. Finely chop the **garlic** and **brown onion** (see ingredients). Cut the **capsicum** into small chunks. Drain and rinse the **chickpeas**.



Bake the dosa-dillas

Brush or spray the **tortillas** with a drizzle of **olive oil**. Bake until golden, **10-12 minutes**. Spoon any overflowing **filling** back into the **tortillas**.

TIP: You can place a sheet of baking paper and another oven tray on top of the tortillas if they unfold during cooking.



Make the filling

SPICY! This paste is spicy. Add less if you're sensitive to heat! In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** and **capsicum**, stirring, until softened, **4-5 minutes**. Add the **Mumbai spice blend**, **tandoori paste**, **tomato paste** and **garlic** and cook until fragrant, **1 minute**. Add the **chickpeas**, **water**, **butter** and **vegetable stock powder**. Stir to combine and simmer until slightly thickened, **1-2 minutes**. Add the roast **sweet potato** and stir to combine. Season to taste.



Make the salsa

While the dosa-dillas are baking, finely chop the **tomato**. Roughly chop the **coriander**. In a medium bowl, combine the **white wine vinegar** and a drizzle of **olive oil**. Season. Add the **tomato** and toss to combine.



Make the dosa-dillas

Microwave the **mini flour tortillas** for **10 second** bursts, until warmed through. Arrange the **tortillas** over a lined oven tray. Divide the filling among the **tortillas**, spooning it onto one half of each **tortilla** and top with the **shredded Cheddar cheese**. Fold the empty half of each **tortilla** over to enclose the **filling** and press down with a spatula.

TIP: If the tortillas don't fit in a single layer, spread across two trays!



Serve up

Divide the chickpea and sweet potato dosa-dillas between plates. Serve with the salsa and **Greek-style yoghurt**. Garnish with coriander to serve.

Enjoy!

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