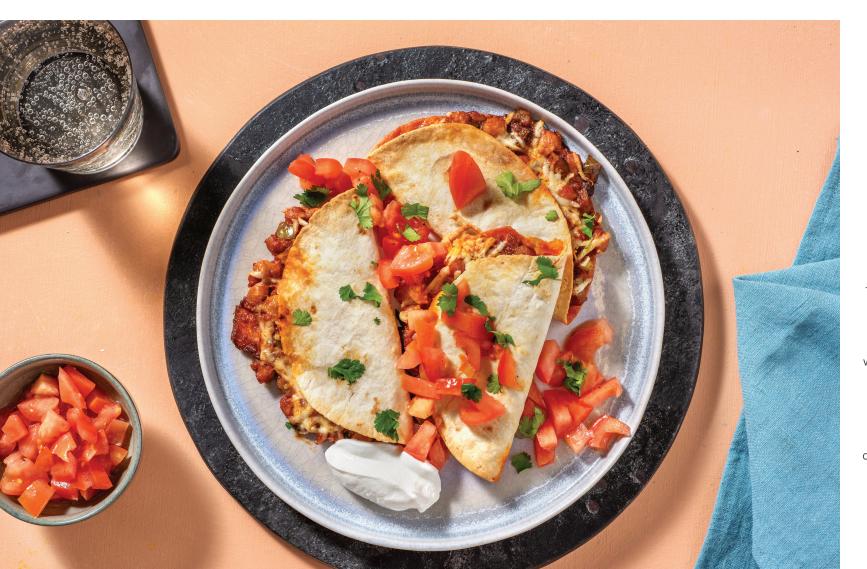


Mumbai Chickpea & Sweet Potato Dosa-dillas with Tomato Salsa & Yoghurt

Grab your Meal Kit with this symbol













Brown Onion







Chickpeas





Tandoori Paste



Tomato Paste



Vegetable Stock



Powder

Mini Flour Tortillas



Shredded



Cheddar Cheese



Coriander



Yoghurt

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	1	2	
garlic	2 cloves	4 cloves	
brown onion	1/2	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.



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 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!



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 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.



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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