

with Toasted Tortilla Slices & Yoghurt

CLIMATE SUPERSTAR













Ginger Paste



Mild North Indian Spice Blend



Mumbai Spice



Blend



Coconut Milk



Tomato Paste

Vegetable Stock Powder



Mini Flour



Tortillas



Long Chilli (Optional)





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



Creamy and coconutty, this Indian dish gets a wholesome boost from hearty lentils and a touch of tang from the yoghurt. Scoop up all the satisfying goodness with the warm toasted tortilla slices.

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

Oven tray lined with baking paper · Medium saucepan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
red lentils	1 medium packet	2 medium packets	
sweet potato	1	2	
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*	1⅓ cups	3½ cups	
coconut milk	1 medium packet	2 medium packets	
vegetable stock powder	1 medium sachet	1 large sachet	
mini flour tortillas	4	8	
baby spinach leaves	1 medium bag	1 large bag	
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)	3215kJ (768Cal)	719kJ (172Cal)
Protein (g)	31.3g	7g
Fat, total (g)	30g	6.7g
- saturated (g)	17.6g	3.9g
Carbohydrate (g)	84.1g	18.8g
- sugars (g)	21.5g	4.8g
Sodium (mg)	1635mg	366mg
Custom Recipe		

Per Serving Per 100g 3951kJ (944Cal) 646kJ (154Cal) Energy (kJ) Protein (g) 66.2g 10.8g Fat, total (g) 33.8g 5.5g - saturated (g) 18.8g 3.1g 84.1g Carbohydrate (g) 13.7g - sugars (g) 21.5g 3.5g 1715mg 280mg Sodium (mg)

The quantities provided above are averages only.

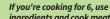
Allergens

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





Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Rinse red lentils. Cut sweet potato into small chunks.
- Place **sweet potato** 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 sweet potato between two trays.

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



Start the dhal

- Meanwhile, heat a drizzle of olive oil in a medium 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 chicken until browned and cooked through, 4-5 minutes. Add ginger paste, continuing as above.



Simmer the dhal

- To 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.



Toast the tortilla slices

• Slice mini flour tortillas in half. Toast or grill to your liking.



Finish the dhal

· Stir roasted sweet potato and baby spinach leaves through dhal. Season to taste.

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



Serve up

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



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