



Indian Coconut Lentils & Garlic Rice

with Baby Broccoli & Tortilla Dippers

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Baby Broccoli



Lentils



Mini Flour Tortillas



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins



Plant Based[^]

[^]Custom Recipe is not Plant Based



Eat Me Early*

*Custom Recipe only

Enjoy a marvellous meatless Monday by whipping together this wholesome bowl of lentils. Along with gently fragrant rice and tortilla dippers to help soak up the last drop, this is a veggie delight sent from the heavens.

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

Pantry items

Olive Oil, Plant-Based Butter

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

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
carrot	1	2
baby broccoli	1 bag	1 bag
lentils	1 tin	2 tins
mini flour tortillas	3	6
Mumbai spice blend	1 sachet	2 sachets
mild North Indian spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
water* (for the sauce)	½ cup	1 cup
baby spinach leaves	1 small bag	1 medium bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3286kJ (785Cal)	551kJ (132Cal)
Protein (g)	25.9g	4.3g
Fat, total (g)	28.3g	4.7g
- saturated (g)	22g	3.7g
Carbohydrate (g)	126.3g	21.2g
- sugars (g)	12.6g	2.1g
Sodium (mg)	1747mg	293mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4046kJ (967Cal)	535kJ (128Cal)
Protein (g)	58.4g	7.7g
Fat, total (g)	34g	4.5g
- saturated (g)	23.7g	3.1g
Carbohydrate (g)	126.3g	16.7g
- sugars (g)	12.6g	1.7g
Sodium (mg)	1845mg	244mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/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



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1



Cook the garlic rice

- Preheat oven to **200°C/180°C fan-forced**. Finely chop **garlic**.
- In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Start the lentils

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **baby broccoli** and **carrot** until softened, **3-4 minutes**.
- Add **lentils** and cook until heated through, **1-2 minutes**.

Custom Recipe: Before cooking baby broccoli and carrot, heat pan as above. When oil is hot, cook chicken, tossing, until browned and cooked through, 5-6 minutes. Transfer to a bowl and continue with step.

2



Get prepped

- Meanwhile, grate **carrot**. Halve any thicker stalks of **baby broccoli** lengthways.
- Drain and rinse **lentils**. Slice **mini flour tortillas** into 3cm strips.

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

5



Finish the lentils

- Add remaining **garlic**, **Mumbai spice blend**, **mild North Indian spice blend** and **tomato paste**, and cook, stirring, until fragrant, **1-2 minutes**.
- Add **coconut milk**, **vegetable stock powder** and **water (for the sauce)**. Simmer until sauce has slightly thickened, **2-3 minutes**.
- Remove pan from heat, then stir through **baby spinach leaves** until wilted.

Custom Recipe: Once sauce has thickened, return cooked chicken to the pan along with the baby spinach, stirring until warm.

3



Bake the tortilla strips

- Place **tortilla strips** in a single layer on a lined oven tray and drizzle (or brush) with **olive oil**.
- Season with **salt** and **pepper** then bake until golden, **8-10 minutes**.

TIP: Use two oven trays if your tortilla don't fit in a single layer.

6



Serve up

- Divide garlic rice and Indian coconut lentils between bowls.
- Serve with tortilla dippers. Enjoy!

Rate your recipe

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