



Indian Eggplant, Lentil & Coconut Dhal

with Bamboo Shoots & Garlic Tortilla Dippers

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Eggplant



Onion



Garlic



Bamboo Shoots



Red Lentils



Ginger Paste



Mild North Indian Spice Blend



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Mini Flour Tortillas



Greek-Style Yoghurt



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

Eggplant is undoubtedly one of the best veggies out there. Raise it to number one when you roast it and toss it through an Indian-inspired dhal with ginger, lentils and bamboo shoots, three other stellar standout ingredients. It's an effortless win.

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

Pantry items

Olive Oil, Brown Sugar

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 · Large deep frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
bamboo shoots	½ tin	1 tin
red lentils	1 tin	2 tins
ginger paste	1 medium packet	1 large packet
mild North Indian spice blend	1 sachet	1 sachet
Mumbai spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
water*	2 cups	4 cups
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
vegetable stock powder	1 medium sachet	1 large sachet
mini flour tortillas	6	12
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3048kJ (728Cal)	501kJ (120Cal)
Protein (g)	31.8g	5.2g
Fat, total (g)	32.4g	5.3g
- saturated (g)	20.3g	3.3g
Carbohydrate (g)	102.3g	16.8g
- sugars (g)	22g	3.6g
Sodium (mg)	1751mg	288mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3793kJ (907Cal)	494kJ (118Cal)
Protein (g)	64.9g	8.5g
Fat, total (g)	37.6g	4.9g
- saturated (g)	21.8g	2.8g
Carbohydrate (g)	103.1g	13.4g
- sugars (g)	22.1g	2.9g
Sodium (mg)	1850mg	241mg

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



2023 | CW35

1



Roast the eggplant

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **eggplant** into small chunks. Finely chop **onion** and **garlic**. Drain and rinse **bamboo shoots** (see ingredients). Rinse **red lentils**.
- Place **eggplant** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

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

3



Bake the tortilla dippers

- When the dhal has **10 minutes** cook time remaining, slice **mini flour tortillas** into 3cm-thick strips.
- In a small bowl, combine **garlic** and a good drizzle of **olive oil**. Season.
- Place **tortilla strips** in a single layer on the lined oven tray and brush with the **garlic oil**. Bake until golden, **8-10 minutes**.

2



Cook the dhal

- In a large deep frying pan (or pot), heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until softened, **4-5 minutes**.
- Add **ginger paste**, **mild North Indian spice blend**, **Mumbai spice blend** and **tomato paste** and cook, stirring, until fragrant, **1 minute**.
- Add the **water**, **coconut milk**, the **brown sugar** and **vegetable stock powder** and stir to combine.
- Add **lentils**, bring to the boil, then reduce heat to a simmer. Cover with a lid (or foil) and cook, stirring occasionally, until lentils are soft, **24-28 minutes**.
- Stir through **roasted eggplant** and **bamboo shoots** until warmed.

Custom Recipe: Heat the pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken before onion, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate. Continue with step. Stir through chicken along with eggplant and bamboo shoots.

4



Serve up

- Divide Indian eggplant, lentil and coconut dhal between bowls.
- Dollop with **Greek-style yoghurt**. Serve with garlic tortilla dippers. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate