



Indian Lentil & Cauliflower Dhal Filo Pie

with Roasted Veggies

NEW

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Parsnip



Garlic



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Red Lentils



Filo Pastry



Chicken Breast

Prep in: 20-30 mins
Ready in: 45-55 mins



Eat Me Early*

*Custom Recipe only



Calorie Smart
Plant Based*



*Custom Recipe is not Plant Based

A dhal in a pie is too good to be true, but here are the facts to prove that this is indeed the best pie in town. You can't dispute a veggie-packed filling complete with lentils and cauliflower when there's a bunch of flavours including hints of coconut. A crunchy filo pastry on top seals the deal. Case closed, the dhal filo pie wins!

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

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 · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
parsnip	1	2
garlic	2 cloves	4 cloves
Mumbai spice blend	1 sachet	2 sachets
mild North Indian spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
boiling water*	1¼ cups	2½ cups
coconut milk	1 medium packet	2 medium packets
red lentils	1 packet	2 packets
filo pastry	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1593kJ (381Cal)	389kJ (93Cal)
Protein (g)	11.7g	2.9g
Fat, total (g)	23.1g	5.6g
- saturated (g)	15.4g	3.8g
Carbohydrate (g)	59.3g	14.5g
- sugars (g)	15.4g	3.8g
Sodium (mg)	1048mg	256mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2338kJ (559Cal)	410kJ (98Cal)
Protein (g)	44.8g	7.9g
Fat, total (g)	28.3g	5g
- saturated (g)	16.9g	3g
Carbohydrate (g)	60.1g	10.5g
- sugars (g)	15.4g	2.7g
Sodium (mg)	1148mg	201mg

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 | CW38



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **cauliflower** into small florets. Cut **carrot** and **parsnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, **20-25 minutes**.

4



Bake the dhal

- Transfer the **lentil dhal mixture** to a baking dish. Cover tightly with foil and bake until liquid is absorbed and lentils have softened, **20-25 minutes**.
- When the dhal is done, remove from oven, stir through **roasted veggies** and a splash of **water**. Season to taste.

2



Get prepped

- Meanwhile, boil the kettle. Finely chop **garlic**.

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

5



Add the filo pastry

- Lightly scrunch each sheet of **filo pastry** and place on top of **dhal mixture** to completely cover.
- Gently brush (or spray) pastry with **olive oil**. Return **dhal pie** to the oven and bake until pastry is golden, **20-25 minutes**.

3



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **garlic**, **Mumbai spice blend**, **mild North Indian spice blend** and **tomato paste** until fragrant, **1-2 minutes**.
- Add the **boiling water** (1¼ cups for 2 people / 2½ cups for 4 people), **coconut milk** and **red lentils**. Season, then stir to combine and bring to a simmer, **1-2 minutes**.

Custom Recipe: Before cooking the dhal, heat the frying pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until cooked through, 5-6 minutes. Reduce heat to medium-high and continue with step.

6



Serve up

- Divide Indian lentil and cauliflower dhal filo pie between plates. Enjoy!

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