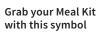


Indian Eggplant, Lentil & Coconut Dhal with Bamboo Shoots & Garlic Tortilla Dippers

CUSTOMER FAVOURITE

EXPLORER

CLIMATE SUPERSTAR











Bamboo Shoots





Red Lentils



Mild North Indian Spice Blend

Mumbai Spice Blend





Tomato Paste

Coconut Milk





Vegetable Stock

Powder

Mini Flour Tortillas





Greek-Style Yoghurt

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.

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
refer to method	refer to method
1	2
1 (medium)	1 (large)
2 cloves	4 cloves
½ tin	1 tin
1 tin	2 tins
1 medium packet	1 large packet
1 sachet	1 sachet
1 sachet	2 sachets
1 packet	2 packets
2 cups	4 cups
1 medium packet	2 medium packets
1 tsp	2 tsp
1 medium sachet	1 large sachet
6	12
1 medium packet	1 large packet
1 small packet	2 small packets OR 1 large packet
	refer to method 1 1 (medium) 2 cloves ½ tin 1 tin 1 medium packet 1 sachet 1 packet 2 cups 1 medium packet 1 tsp 1 medium 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





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.



Toast 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 and set aside.
- Place tortilla strips in a single layer on the lined oven tray and brush with the garlic oil. Toast until golden, 8-10 minutes.



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.



Serve up

- Divide Indian eggplant 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

