



Indian Eggplant, Lentil & Coconut Dhal

with Bamboo Shoots & Garlic Tortilla Dippers

CUSTOMER FAVOURITE

EXPLORER

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 small packet | 2 small packets OR 1 large 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 | CW44



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



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**.

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 and coconut dhal between bowls.
- Dollop with **Greek-style yoghurt**. Serve with garlic tortilla dippers. Enjoy!

Rate your recipe

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