



Indian Potato & Cauliflower Dhal

with Garlic Tortilla Chips

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Potato



Garlic



Red Lentils



Mumbai Spice Blend



Tomato Paste



Ginger Paste



Light Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Mini Flour Tortillas



Coriander



Chicken Breast

Prep in: 30-40 mins
Ready in: 40-50 mins



Plant Based[^]

[^]Custom Recipe is not Plant Based



Eat Me Early*

*Custom Recipe only

Put that take-away flyer down because we've got something in store for you. Mild Mumbai spices work their magic with hearty lentils and creamy coconut milk in our new favourite dhal recipe. Oven-baked tortilla chips work a treat for scooping up the deliciousness.

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 saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
potato	2	4
garlic	3 cloves	6 cloves
red lentils	1 packet	2 packets
Mumbai spice blend	2 medium sachets	4 medium sachets
tomato paste	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
water*	2 cups	4 cups
light coconut milk	1 small packet	2 small packets
vegetable stock powder	1 large sachet	2 large sachets
salt*	¼ tsp	½ tsp
baby spinach leaves	1 small bag	1 medium bag
mini flour tortillas	6	12
coriander	1 bag	1 bag
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)	3272kJ (782Cal)	415kJ (99Cal)
Protein (g)	34.6g	4.4g
Fat, total (g)	26.1g	3.3g
- saturated (g)	18.2g	2.3g
Carbohydrate (g)	123.4g	15.7g
- sugars (g)	31.5g	4g
Sodium (mg)	2434mg	309mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4027kJ (962Cal)	425kJ (102Cal)
Protein (g)	67.8g	7.2g
Fat, total (g)	31.4g	3.3g
- saturated (g)	19.8g	2.1g
Carbohydrate (g)	123.8g	13.1g
- sugars (g)	26.6g	2.8g
Sodium (mg)	2532mg	267mg

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



Roast the veggies

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

4



Finish the dhal

- Add **potato** and **lentils** to the saucepan. Bring to a simmer, then cover with a lid and cook, stirring occasionally, until thickened and the lentils and potatoes are soft, **20-22 minutes**.
- Stir through the **salt**, **baby spinach leaves**, **roasted veggies** and a pinch of **pepper**, until warmed through. Season to taste.

TIP: If the dhal is looking a little dry at any point, just add a splash of water.

Custom Recipe: Once the dhal has thickened, return chicken to the pan along with the baby spinach and roasted veggies, stirring until warm.

2



Get prepped

- Meanwhile, peel and cut **potato** into bite-sized chunks. Finely chop **garlic**.
- Drain and rinse **red lentils**.

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

5



Bake the garlic flatbreads

- When the dhal has **10 minutes** remaining, combine a generous drizzle of **olive oil**, the remaining **garlic** and a pinch of **salt** and **pepper** in a small bowl.
- Slice **mini flour tortillas** into 3cm-thick strips. Place **tortilla strips** in a single layer on the lined oven tray and drizzle or brush with the **garlic oil**.
- Bake until golden, **8-10 minutes**.

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

3



Start the dhal

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **Mumbai spice blend**, **tomato paste**, **ginger paste** and half the **garlic**, stirring, until fragrant, **1 minute**.
- Add the **water**, **light coconut milk** and **vegetable stock powder**. Stir to combine.

Custom Recipe: Before starting the dhal, heat saucepan 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.

6



Serve up

- Roughly chop **coriander**.
- Divide Indian potato and cauliflower dhal between bowls.
- Garnish with coriander. Serve with garlic tortilla chips. Enjoy!

Rate your recipe

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