



# Indian Potato & Cauliflower Dhal

with Garlic Tortilla Chips

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



### Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!



Cauliflower



Carrot



Potato



Garlic



Red Lentils



Bamboo Shoots



Mumbai Spice Blend



Tinned Tomatoes



Ginger Paste



Light Coconut Milk



Vegetable Stock Powder



Salad Leaves



Mini Flour Tortillas



Herbs



Chicken Breast

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



Plant Based<sup>^</sup>  
<sup>^</sup>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
<b>olive oil*</b>	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
bamboo shoots	½ tin	1 tin
Mumbai spice blend	2 sachets	4 sachets
tinned tomatoes	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
<b>water*</b>	2 cups	4 cups
light coconut milk	1 packet (165ml)	1 packet (400ml)
vegetable stock powder	1 large sachet	2 large sachets
<b>salt*</b>	¼ tsp	½ tsp
salad leaves	1 small bag	1 medium bag
mini flour tortillas	6	12
herbs	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)	3282kJ (784Cal)	416kJ (99Cal)
Protein (g)	34.7g	4.4g
Fat, total (g)	26.2g	3.3g
- saturated (g)	18.2g	2.3g
Carbohydrate (g)	123g	15.6g
- sugars (g)	26.5g	3.4g
Sodium (mg)	2433mg	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](https://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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## 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, salad leaves, bamboo shoots, 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 with the roasted veggies, salad leaves and bamboo shoots, stirring until warm.

2



## Get prepped

- Meanwhile, peel and cut **potato** into bite-sized chunks. Finely chop **garlic**.
- Rinse **red lentils**. Drain **bamboo shoots** (see ingredients).

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

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## 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.

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## Start the dhal

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **Mumbai spice blend, tinned tomatoes, 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.

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## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)