



Indian Coconut Lentils & Green Beans

with Garlic Rice, Baby Broccoli & Tortilla Dippers

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Baby Broccoli



Green Beans



Red Lentils



Mini Flour Tortillas



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder

Recipe Update

We've replaced the tinned lentils and baby kale in this recipe with dried red lentils and green beans due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins
Ready in: 30-40 mins

Enjoy a marvellous meatless Monday by whipping together this wholesome bowl of veggie-packed lentils. Along with gently fragrant rice and tortilla dippers to help soak up the last drop, this is a veggie delight sent from the heavens.

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

Pantry items

Olive Oil, Plant-Based Butter

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

Medium saucepan with lid · Large frying pan with a lid (or foil) · Oven tray lined with baking paper

Ingredients

| | 2 People | 4 People |
|-------------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| garlic | 3 cloves | 6 cloves |
| plant-based butter* | 20g | 40g |
| basmati rice | 1 packet | 1 packet |
| water* (for the rice) | 1½ cups | 3 cups |
| carrot | 1 | 2 |
| baby broccoli | ½ bag | 1 bag |
| green beans | 1 bag | 2 bags |
| red lentils | 1 packet | 2 packets |
| mini flour tortillas | 3 | 6 |
| Mumbai spice blend | 1 sachet | 2 sachets |
| mild North Indian spice blend | 1 sachet | 1 sachet |
| tomato paste | 1 packet | 2 packets |
| coconut milk | 1 medium packet | 2 medium packets |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| water* (for the sauce) | 2½ cups | 5 cups |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3290kJ (786Cal) | 552kJ (132Cal) |
| Protein (g) | 25.7g | 4.3g |
| Fat, total (g) | 28.6g | 4.8g |
| - saturated (g) | 22.3g | 3.7g |
| Carbohydrate (g) | 126.6g | 21.2g |
| - sugars (g) | 13g | 2.2g |
| Sodium (mg) | 1737mg | 291mg |

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.

1



Cook the garlic rice

- Preheat oven to **200°C/180°C fan-forced**. Finely chop **garlic**.
- In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Bake the tortillas

- While the lentils are cooking, place **tortilla strips** in a single layer on a lined oven tray and drizzle (or brush) with **olive oil**.
- Season with **salt** and **pepper** then bake until golden, **8-10 minutes**.

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

2



Get prepped

- Meanwhile, grate **carrot**. Halve any thicker stalks of **baby broccoli** lengthways (see ingredients). Trim and halve **green beans**.
- Rinse **lentils**. Slice **mini flour tortillas** into 3cm strips.

5



Finish the lentils

- When the lentils have **5 minutes** cook time remaining, add the **baby broccoli** and **green beans**. Cook, until tender, **5-6 minutes**.

3



Start the lentils

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **carrot** until softened, **3-4 minutes**.
- Add remaining **garlic**, **Mumbai spice blend**, **mild North Indian spice blend** and **tomato paste**, and cook, stirring, until fragrant, **1-2 minutes**.
- Add **lentils**, **coconut milk**, **vegetable stock powder** and **water (for the sauce)**. Bring to a simmer, then cover with a lid and cook, stirring occasionally, until the **lentils** are soft, **20-22 minutes**.

6



Serve up

- Divide garlic rice and Indian coconut lentils between bowls.
- Serve with tortilla dippers. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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