

Sri Lankan Potato & Cauliflower Dhal

with Baby Kale & Garlic Tortilla Chips

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Potato



Garlic



Red Lentils



Bamboo Shoots



Sri Lankan Spice Blend



Tomato Paste



Ginger Paste



Coconut Milk



Vegetable Stock Powder



Baby Kale



Mini Flour Tortillas



Coriander

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

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

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
bamboo shoots	½ tin	1 tin
Sri Lankan spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
water*	2 cups	4 cups
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 large sachet	2 large sachets
salt*	¼ tsp	½ tsp
baby kale	1 small bag	1 medium bag
mini flour tortillas	6	12
coriander	½ bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3275kJ (783Cal)	416kJ (99Cal)
Protein (g)	34.5g	4.4g
Fat, total (g)	26.4g	3.3g
- saturated (g)	19.1g	2.4g
Carbohydrate (g)	123.7g	15.7g
- sugars (g)	31.9g	4g
Sodium (mg)	2427mg	308mg

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

2024 | CW08



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 kale**, **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.

2



Get prepped

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

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 **Sri Lankan spice blend**, **tomato paste**, **ginger paste** and half the **garlic**, stirring, until fragrant, **1 minute**.
- Add the **water**, **coconut milk** and **vegetable stock powder**. Stir to combine.

6



Serve up

- Roughly chop **coriander** (see ingredients).
- Divide Sri Lankan potato, baby kale and cauliflower dhal between bowls.
- Garnish with coriander. Serve with garlic tortilla chips. Enjoy!

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