



Indian Coconut Lentils & Green Beans

with Garlic Rice & Tortilla Dippers

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Green Beans



Baby Broccoli



Lentils



Mini Flour Tortillas



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder

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

Plant Based

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

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 a lid · Large frying pan with a lid · 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 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
carrot	1	2
green beans	1 small packet	2 small packets
baby broccoli	½ medium bunch	1 medium bunch
lentils	1 packet	2 packets
mini flour tortillas	3	6
Mumbai spice blend	1 sachet	2 sachets
mild North Indian spice blend	1 medium sachet	1 large 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)	½ cup	1 cup

*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



Start the lentils

- Meanwhile, heat a large frying pan over medium-high heat, with a drizzle of **olive oil**.
- When oil is hot, cook **baby broccoli**, **green beans** and **carrot** until softened, **3-4 minutes**.
- Add **lentils** and cook until heated through, **1-2 minutes**.

2



Get prepped

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

5



Finish the lentils

- Add remaining **garlic**, **Mumbai spice blend**, **mild North Indian spice blend** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**.
- Add **coconut milk**, **vegetable stock powder** and **water (for the sauce)**. Simmer until sauce has slightly thickened, **2-3 minutes**.

3



Bake the tortillas

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

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

6



Serve up

- Divide garlic rice and Indian coconut lentils and green beans 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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