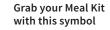


Indian Coconut Lentils & Green Beans

with Garlic Rice & Tortilla Dippers

CLIMATE SUPERSTAR















Green Beans

Carrot





Lentils

Baby Broccoli



Mini Flour



Mumbai Spice Blend

Tortillas



Mild North



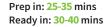
Indian Spice Blend



Coconut Milk



Vegetable Stock Powder





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 \cdot Large frying pan with a lid \cdot Oven tray lined with baking paper

Ingredients

3		
	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.



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!



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 mintues.



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.



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.



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.



Serve up

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

