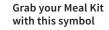


Sri Lankan Potato & Cauliflower Dhal

with Garlic Tortilla Dippers

CLIMATE SUPERSTAR















Red Lentils

Spice Blend





Tomato Paste





Ginger Paste

Coconut Milk

Vegetable Stock Powder





Baby Leaves

Bamboo Shoots





Coriander

Mini Flour Tortillas



Pantry items

Olive Oil



Put that take-away flyer down because we've got something in store for you. Sri Lankan 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.

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 medium portion	1 large portion
carrot	1	2
potato	2	4
garlic	3 cloves	6 cloves
red lentils	1 packet	2 packets
Sri Lankan spice blend	1 large sachet	2 large 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*	1/4 tsp	½ tsp
baby leaves	1 small packet	1 medium packet
bamboo shoots	½ medium tin	1 medium tin
mini flour tortillas	6	12
coriander	1 packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3272kJ (782Cal)	415kJ (99Cal)
Protein (g)	34.6g	4.4g
Fat, total (g)	26.4g	3.3g
- saturated (g)	19.1g	2.4g
Carbohydrate (g)	123.4g	15.7g
- sugars (g)	31.5g	4g
Sodium (mg)	2437mg	309mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4043kJ (966Cal)	419kJ (100Cal)
Protein (g)	73.6g	7.6g
Fat, total (g)	29.6g	3.1g
- saturated (g)	20g	2.1g
Carbohydrate (g)	124.4g	12.9g
- sugars (g)	31.6g	3.3g
Sodium (mg)	2572mg	266mg

The quantities provided above are averages only.

Allergens

2024 | CW14

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





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.



Get prepped

- Meanwhile, peel and cut potato into bite-sized chunks. Finely chop garlic.
- · Rinse red lentils.

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



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.

Custom Recipe: Before starting the dhal, heat saucepan as above. When oil is hot, cook chicken, tossing, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl and continue with recipe as above.



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 leaves, bamboo shoots (see ingredients), 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: Return chicken to the pan along with the baby leaves and roasted veggies.



Bake the garlic tortilla chips

- 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 howl.
- 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.



Serve up

- Roughly chop coriander.
- Divide Sri Lankan potato and cauliflower dhal between bowls.
- Garnish with coriander. Serve with garlic tortilla chips. Enjoy!

Rate your recipe

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