



Sri Lankan Potato & Cauliflower Dhal

with Garlic Tortilla Dippers

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Potato



Garlic



Red Lentils



Sri Lankan Spice Blend



Tomato Paste



Ginger Paste



Coconut Milk



Vegetable Stock Powder



Baby Leaves



Bamboo Shoots



Mini Flour Tortillas



Coriander



Chicken Breast

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



Plant Based[^]
[^]Custom Recipe is not Plant Based



Eat Me Early*
*Custom Recipe only

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.

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

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 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*	¼ 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

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



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 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.

2



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.

5



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 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.

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.

6



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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