



Indian Lentil & Cauliflower Dhal Filo Pie

with Roasted Veggies

Grab your meal kit with this number

7



Cauliflower



Carrot



Parsnip



Garlic



Red Lentils



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Filo Pastry



Chicken Breast



Chicken Thigh

Prep in: 20-30 mins
Ready in: 45-55 mins

Plant Based

Calorie Smart

A dhal in a pie is too good to be true, but here are the facts to prove that this is indeed the best pie in town. You can't dispute a veggie-packed filling complete with lentils and cauliflower when there's a bunch of flavours including hints of coconut. A crunchy filo pastry on top seals the deal. Case closed, the dhal filo pie wins!

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
carrot	1	2
parsnip	1	2
garlic	2 cloves	4 cloves
red lentils	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
boiling water*	1¼ cups	2½ cups
coconut milk	1 medium packet	2 medium packets
filo pastry	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2438kJ (583Cal)	527kJ (126Cal)
Protein (g)	26.6g	5.8g
Fat, total (g)	24.7g	5.3g
- saturated (g)	15.9g	3.4g
Carbohydrate (g)	89.2g	19.3g
- sugars (g)	16.1g	3.5g
Sodium (mg)	1764mg	381mg
Dietary Fibre (g)	12.4g	2.7g

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



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **cauliflower** into small florets.
- Cut **carrot** and **parsnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, **20-25 minutes**.

4



Bake the dhal

- Transfer the **lentil dhal mixture** to a baking dish. Cover tightly with foil and bake until liquid is absorbed and lentils have softened, **20-25 minutes**.
- When the dhal is done, remove from oven, stir through **roasted veggies** and a splash of **water**. Season to taste.

2



Get prepped

- Meanwhile, boil the kettle.
- Finely chop **garlic**.
- Rinse the **red lentils**

5



Add the filo pastry

- Lightly scrunch each sheet of **filo pastry** and place on top of **dhal mixture** to completely cover.
- Gently brush (or spray) pastry with **olive oil**. Return **dhal pie** to the oven and bake until pastry is golden, **20-25 minutes**.

3



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **garlic**, **Mumbai spice blend** and **tomato paste** until fragrant, **1-2 minutes**.
- Add the **boiling water** (1¼ cups for 2 people / 2½ cups for 4 people), **coconut milk** and **red lentils**. Season, then stir to combine and bring to a simmer, **1-2 minutes**.

6



Serve up

- Divide Indian lentil and cauliflower dhal fillo pie between bowls. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

