

Mumbai-Spiced Lentil & Kumara Dosa-Dillas

with Charred Corn Salsa & Yoghurt

Grab your meal kit with this number

34



Kumara



Garlic



Onion



Lentils



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Vegetable Stock Powder



Baby Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Sweetcorn



Greek-Style Yoghurt



Beef Mince



Shredded Cheddar Cheese

Prep in: 25-35 mins
Ready in: 45-55 mins

These chunky, veggie-packed dosa-dillas are the ultimate ruler of the dinner table. So bow down to the might of the roasted kumara and lentils, cooked in rich spices and accompanied by a charred corn salsa. Long may this tasty dish reign.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
onion	½	1
lentils	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
mild North Indian spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
baby leaves	1 medium packet	1 large packet
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
sweetcorn	1 medium tin	1 large tin
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	½ medium packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3251kJ (777Cal)	561kJ (134Cal)
Protein (g)	28.9g	5g
Fat, total (g)	29.1g	5g
- saturated (g)	14.8g	2.6g
Carbohydrate (g)	94.4g	16.3g
- sugars (g)	19.2g	3.3g
Sodium (mg)	3555mg	613mg
Dietary Fibre (g)	19.4g	3.3g

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.



Roast the kumara

- Preheat oven to **220°C/200°C fan-forced**.
- Peel and cut **kumara** into bite-sized chunks, then place on a lined oven tray.
- Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then add a dash of **water** to the tray and roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **garlic** and **onion**.
- Drain and rinse **lentils**.

TIP: Leave the kumara unpeeled if you prefer!



Bake the dosa-dillas

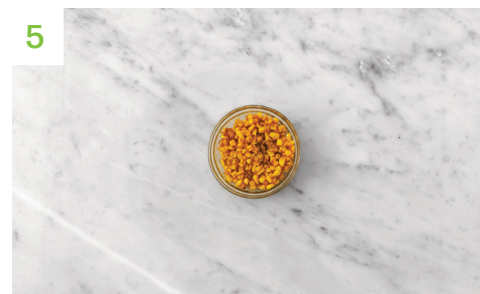
- Brush or spray **tortillas** with a drizzle of **olive oil**. Bake **dosa-dillas** until golden, **10-12 minutes**. Spoon any overflowing **filling** back into the dosa-dillas.

TIP: You can place a sheet of baking paper and a second oven tray on top of the dosa-dillas if they unfold during cooking.



Cook the lentil filling

- When the kumara has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **4-5 minutes**.
- Add **Mumbai spice blend**, **mild North Indian spice blend**, **tomato paste** and **garlic** and cook until fragrant, **1 minute**.
- Add **lentils**, the **water**, **butter** and **vegetable stock powder**. Stir to combine and simmer until slightly thickened, **1-2 minutes**.
- Add **roasted kumara** and **baby leaves** and stir until wilted, **1-2 minutes**. Season to taste.



Make the salsa

- Meanwhile, drain **sweetcorn**.
- Wipe out the frying pan and return to high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**.
- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **corn**. Toss to combine.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Assemble the dosa-dillas

- Arrange **mini flour tortillas** over the lined oven tray.
- Divide **lentil filling** evenly between **tortillas**, spooning it onto one half of each **tortilla**, then top with **shredded Cheddar cheese**. Fold empty half of each **tortilla** over to enclose filling and press down gently with a spatula.

TIP: If the tortillas don't fit in a single layer, divide between two trays!



Serve up

- Divide Mumbai-spiced kumara and lentil dosa-dillas between plates.
- Serve with charred corn salsa and a dollop of **Greek-style yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



CUSTOM OPTIONS

+ ADD BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

+ DOUBLE CHEDDAR CHEESE

Follow method above.

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

