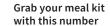


Sri Lankan Potato & Cauliflower Dhal

with Garlic Tortilla Dippers

CLIMATE SUPERSTAR









Carrot

Cauliflower









Red Lentils







Tomato Paste





Ginger Paste

Coconut Milk

Vegetable Stock Powder





Baby Leaves

Mini Flour Tortillas



Coriander



Pantry items

Olive Oil



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



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 dippers work a treat for scooping up the deliciousness.

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting 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 saucepan with

Ingredients

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	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	
mini flour tortillas	6	12	
coriander	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3227kJ (771Cal)	478kJ (114Cal)
Protein (g)	33.8g	5g
Fat, total (g)	26g	3.8g
- saturated (g)	18.8g	2.8g
Carbohydrate (g)	122.8g	18.2g
- sugars (g)	31.7g	4.7g
Sodium (mg)	2275mg	337mg
Dietary Fibre (g)	21.2g	3.1g

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 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.



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.



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, 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.



Bake the garlic dippers

- 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.



Serve up

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



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



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.

