

# Mild Sambal Potato & Cauliflower Dhal

with Garlic Dippers

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Cauliflower



Carrot



Potato



Garlic



Red Lentils



Mild Sambal Seasoning



Tomato Paste



Ginger Paste



Coconut Milk



Vegetable Stock Powder



Baby Leaves



Mini Flour Tortillas



Coriander



Chicken Breast



Chicken Thigh

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. Indian 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.

Pantry items

Olive Oil



## 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 a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
Mild Sambal seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
<b>water*</b>	2 cups	4 cups
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 large sachet	2 large sachets
<b>salt*</b>	¼ 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)	3025kJ (473cal)	473kJ (74cal)
Protein (g)	31.8g	5g
Fat, total (g)	24.5g	3.8g
- saturated (g)	18.6g	2.9g
Carbohydrate (g)	117.1g	18.3g
- sugars (g)	14.4g	2.3g
Sodium (mg)	1725mg	269.5mg
Dietary Fibre (g)	19g	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](https://www.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

2025 | CW02



## 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**.



## 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.



## Get prepped

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



## 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.



## Start the dhal

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **Mild Sambal seasoning**, **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 & serve

- Roughly chop **coriander**.
- Divide mild Sambal potato and cauliflower dhal between bowls. Garnish with coriander.
- Serve dhal with garlic tortilla dippers. Enjoy!

**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.

