

# Indian Kumara & Lentil Dosa-Dillas

with Mint Salsa & Yoghurt

Grab your Meal Kit with this symbol



Kumara



Garlic



Brown Onion



Lentils



Mumbai Spice Blend



Tandoori Paste



Tomato Paste



Vegetable Stock Powder



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Radish



Mint



Greek-Style Yoghurt

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced tomato with radish, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins  
Ready in: 45-55 mins

Adding tandoori paste and Mumbai spice isn't the only controversial spin we've put on these quesadillas. Top half of your tortilla with a hearty lentil and veggie filling, then flip the other half over and bake it like a sideways burrito. And there you have it! A 'dosa-dilla' oozing with goodness.

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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
brown onion	1 (medium)	1 (large)
lentils	1 tin	2 tins
Mumbai spice blend	1 sachet	2 sachets
tandoori paste	1 packet (50g)	1 packet (100g)
tomato paste	½ packet	1 packet
water*	½ cup	1 cup
butter*	20g	40g
vegetable stock powder	1 sachet	1 sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
radish	2	4
mint	1 bunch	1 bunch
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3426kJ (819Cal)	578kJ (138Cal)
Protein (g)	28.8g	4.9g
Fat, total (g)	36.5g	6.2g
- saturated (g)	17.3g	2.9g
Carbohydrate (g)	89.4g	15.1g
- sugars (g)	21.9g	3.7g
Sodium (mg)	1997mg	337mg

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



## Bake the dosa-dillas

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

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



## Cook the lentil filling

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



## Make the salsa

While the dosa-dillas are baking, finely chop the **radish**. Pick and roughly chop the **mint** leaves. In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season. Add the **radish** and **mint** and toss to combine.



## Assemble the dosa-dillas

Microwave the **mini flour tortillas** on a plate for **10 second** bursts, until warmed through. Arrange the **tortillas** over the lined oven tray. Divide the filling evenly between the **tortillas**, spooning it onto one half of each **tortilla**, and top with the **shredded Cheddar cheese**. Fold the empty half of each **tortilla** over to enclose the **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 the Indian kumara and lentil dosa-dillas between plates. Serve with the mint salsa and **Greek-style yoghurt**.

## Enjoy!