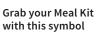


Indian Kumara & Lentil Dosa-Dillas

with Cucumber Salsa & Yoghurt

CLIMATE SUPERSTAR











Lentils





Mild North Indian Spice Blend





Tomato Paste





Mini Flour



Tomato

Tortillas





Cucumber

Shredded Cheddar Cheese

Greek-Style Yoghurt

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



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 a rich tomato spiced sauce, accompanied by a cucumber salsa and yoghurt. Long may this tasty dish reign.

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

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)
capsicum	1	2
lentils	1 tin	2 tins
mild North Indian spice blend	1 large sachet	2 large sachets
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
tomato	1	2
cucumber	1 (medium)	1 (large)
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
beef mince**	1 packet	1 packet (or 2 packets)

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3321kJ (794Cal)	481kJ (115Cal)
Protein (g)	27.8g	4g
Fat, total (g)	31.1g	4.5g
- saturated (g)	16g	2.3g
Carbohydrate (g)	95.5g	13.8g
- sugars (g)	24.9g	3.6g
Sodium (mg)	2001mg	290mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4517kJ (1080Cal)	554kJ (132Cal)
Protein (g)	56.4g	6.9g
Fat, total (g)	48.8g	6g
- saturated (g)	23.8g	2.9g
Carbohydrate (g)	95.5g	11.7g
- sugars (g)	24.9g	3.1g
Sodium (mg)	2052mg	252mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW45



Roast the kumara

- Preheat oven to 220°C/200°C fan-forced.
- · Peel kumara and cut into bite-sized chunks.
- Place **kumara** on a lined oven tray. Drizzle generously with olive oil, season with salt and pepper and toss to coat. Add a dash of water to the tray and roast until tender, 20-25 minutes.
- · Meanwhile, cut capsicum into small chunks. Drain and rinse lentils.

Custom Recipe: If you ordered beef mince, drain, rinse and only use 1/2 the lentils.



Cook the filling

- When the kumara has 10 minutes cook time remaining, heat a drizzle of olive oil in a large frying pan over medium-high heat. Cook capsicum, stirring, until softened, 4-5 minutes.
- · Add mild North Indian spice blend and tomato paste 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 the roasted kumara and stir to combine. Season to taste.

Custom Recipe: Add beef mince with the capsicum, breaking up mince with a spoon, 4-5 minutes. Continue with step as above.



Assemble the quesadillas

- · Heat mini flour tortillas in the microwave in 10 second bursts, until warmed through.
- Arrange the tortillas over the lined oven tray. Divide the filling evenly between tortillas, spooning it onto one half of each tortilla, then top with 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, spread across two trays!



Bake the quesadillas

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

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



Make the salsa

- While the quesadillas are baking, finely chop tomato and cucumber.
- In a medium bowl, combine a drizzle of white wine vinegar and olive oil. Season with salt and pepper. Add tomato and cucumber and toss to combine.



Serve up

- Divide Indian kumara and lentil dosa-dillas between plates.
- · Serve with cucumber salsa and Greek-style yoghurt. Enjoy!



