



Indian Kumara & Lentil Dosa-Dillas

with Cucumber Salsa & Yoghurt

CLIMATE SUPERSTAR



 **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!

Grab your Meal Kit with this symbol



Kumara



Capsicum



Lentils



Mild North Indian Spice Blend



Tomato Paste



Vegetable Stock Powder



Mini Flour Tortillas



Tomato



Cucumber



Shredded Cheddar Cheese



Greek-Style Yoghurt



Beef Mince

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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)
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



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.



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 quesadillas if they unfold during cooking.



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.



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.



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!



Serve up

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

Rate your recipe

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