



Chickpea & Sweet Potato Dosa-Dillas

with Cherry Tomato Salsa & Yoghurt

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Chickpeas



Mumbai Spice Blend



Tandoori Paste



Tomato Paste



Vegetable Stock Powder



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Snacking Tomatoes



Coriander



Greek-Style Yoghurt



Beef Mince

Prep in: 25-35 mins
Ready in: 45-55 mins

In this fun fusion dish, cook up a veggie filling with flavours reminiscent of an Indian dosa, then spoon it into cheesy tortillas... don't knock this creative combo till you try it!

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

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
garlic	2 cloves	4 cloves
chickpeas	1 packet	2 packets
Mumbai spice blend	1 medium sachet	1 large sachet
tandoori paste	1 packet	2 packets
tomato paste	1 packet	1 packet
water*	½ cup	1 cup
butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	2 medium bags
mini flour tortillas	6	12
shredded Cheddar cheese	1 medium packet	1 large packet
snacking tomatoes	1 punnet	2 punnets
coriander	1 bag	1 bag
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3364kJ (804Cal)	587kJ (140Cal)
Protein (g)	28.2g	4.9g
Fat, total (g)	35.4g	6.2g
- saturated (g)	14g	2.4g
Carbohydrate (g)	86.1g	15g
- sugars (g)	16.5g	2.9g
Sodium (mg)	2359mg	412mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4309kJ (1030Cal)	618kJ (148Cal)
Protein (g)	55.7g	8g
Fat, total (g)	48.2g	6.9g
- saturated (g)	19.5g	2.8g
Carbohydrate (g)	86.1g	12.3g
- sugars (g)	16.5g	2.4g
Sodium (mg)	2434mg	349mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/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



1



Bake the sweet potato

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into small chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake until tender, **10-15 minutes**.
- Meanwhile, finely chop **garlic**. Drain and rinse **chickpeas**.

4



Bake the dosa-dillas

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

TIP: Place a sheet of baking paper and another oven tray on top of the **dosa-dillas** if they unfold during cooking.

2



Make the filling

- SPICY!** The **tandoori paste** is mild, but use less if you're sensitive to heat. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **Mumbai spice blend**, **tandoori paste**, **tomato paste** and **garlic** and cook until fragrant, **1 minute**.
- Stir through the **water**, **chickpeas**, the **butter** and **vegetable stock powder**. Simmer until slightly thickened, **1-2 minutes**.
- Stir through **roasted sweet potato** and the **baby spinach leaves**. Remove pan from heat. Season to taste.

Custom Recipe: If you've added beef mince, cook mince before adding the spice blend and pastes, breaking up with a spoon, 4-5 minutes. Drain oil from the pan and then continue with the step as instructed above.

5



Make the salsa

- Meanwhile, halve **snacking tomatoes**. Roughly chop **coriander**.
- In a medium bowl, combine a drizzle of the **white wine vinegar** and **olive oil**. Add **tomato** and stir to combine. Season to taste.

3



Assemble the dosa-dillas

- Arrange **mini flour tortillas** over a second lined oven tray. Divide **filling** among **tortillas**, spooning it onto one half of each **tortilla**.
- Top with **shredded Cheddar cheese**. Fold the empty half of each **tortilla** over to enclose filling and press down with a spatula.

TIP: If the **tortillas** don't fit in a single layer, spread across two trays.

6



Serve up

- Divide chickpea and sweet potato **dosa-dillas** between plates. Top with **salsa** and **coriander**.
- Serve with **Greek-style yoghurt**. Enjoy!

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