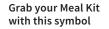


Chickpea & Sweet Potato Dosa-Dillas

with Cherry Tomato Salsa & Yoghurt

CLIMATE SUPERSTAR











Chickpeas

Sweet Potato







Tandoori Paste **Tomato Paste**





Baby Spinach

Vegetable Stock Powder



Mini Flour Tortillas





Snacking Tomatoes

Coriander

Yoghurt





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!

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 \cdot Large frying pan

Ingredients

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	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





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**.



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.



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.



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.



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.



Serve up

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

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate