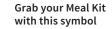


# Lentil Loaded Spuds & Tomato-Kale Salad

with Plant-Based Cheese & Coconut Yoghurt

WINTER WARMERS















**Brown Onion** 







**Snacking Tomatoes** 

Carrot





Mumbai Spice





Tomato Paste









Vegetable Stock

Kale & Spinach



Flaked Almonds





Plant-Based Coconut Yoghurt



Prep in: 20-30 mins Ready in: 50-60 mins



Plant-Based^

^Custom Recipe is not Plant-Based

Calorie Smart\* \*Custom Recipe is not Calorie Smart Bursting with Indian-inspired flavours, this winner plant-based dinner is comfort on a plate. If you love lentil dhal over rice, wait till you try it on the cheezy baked potatoes. Trust us, it works.

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

**Pantry items** Olive Oil, 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

Oven tray 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		
potato	2	4		
plant-based grated cheese	1 medium packet	2 medium packets		
brown onion	1	2		
garlic	2 cloves	4 cloves		
snacking tomatoes	1 punnet	2 punnets		
carrot	1	2		
lentils	1 packet	2 packets		
Mumbai spice blend	1 medium sachet	1 large sachet		
tomato paste	1 packet	1 packet		
coconut milk	1 medium packet	2 medium packets		
vegetable stock powder	1 medium sachet	1 large sachet		
water*	⅓ cup	½ cup		
white wine vinegar*	drizzle	drizzle		
kale & spinach	1 medium bag	1 large bag		
flaked almonds	1 medium packet	1 large packet		
mint	1 bag	1 bag		
plant-based coconut yoghurt	1 medium packet	1 large packet		
chicken breast**	1 small packet	1 large packet		
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<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2029kJ (485Cal)	251kJ (60Cal)
Protein (g)	21g	2.6g
Fat, total (g)	25.5g	3.2g
- saturated (g)	20.3g	2.5g
Carbohydrate (g)	66.7g	8.2g
- sugars (g)	20.8g	2.6g
Sodium (mg)	1899mg	235mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2789kJ (667Cal)	286kJ (68Cal)
Protein (g)	55.9g	5.7g
Fat, total (g)	29.3g	3g
- saturated (g)	21.5g	2.2g
Carbohydrate (g)	66.7g	6.8g
- sugars (g)	20.8g	2.1g
Sodium (mg)	1979mg	203mg

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 potatoes

- Preheat oven to 200°C/180°C fan-forced. Slice potato into halves.
- Place potato halves on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Arrange so that each potato is cut-side down.
- Bake until crisp and tender, 35-45 minutes.
- Remove from oven, then carefully turn each potato to be cut-side up. Sprinkle with plant-based grated cheese.
- Return to oven to bake until golden, a further
  6-8 minutes.

**TIP:** If your oven tray is crowded, divide the potatoes between two trays.



### Finish the lentil topping

- Add garlic, Mumbai spice blend and tomato paste. Cook until fragrant, 1 minute.
- Stir in lentils, coconut milk, vegetable stock powder and the water. Simmer until thickened, 2-4 minutes.
- Season with **salt** and **pepper** to taste.



## Get prepped

- While the potatoes are baking, finely chop brown onion and garlic.
- Halve snacking tomatoes, then set aside. Grate carrot. Drain and rinse lentils.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.



# Start the lentil topping

- When the potatoes have 10 minutes remaining, heat a drizzle of olive oil in a large frying pan, over medium-high heat.
- Cook onion and carrot, stirring, until tender,
  4-5 minutes.

**Custom Recipe:** Cook chicken with onion and carrot, until browned and cooked through (when no longer pink inside) 4-5 minutes.



### Make the salad

- While the lentils are simmering, combine a drizzle of the white wine vinegar and olive oil in a medium bowl. Season, then add kale & spinach and tomatoes.
- Toss to coat.



### Serve up

- Divide jacket potatoes between plates.
- Spoon lentils over potatoes. Sprinkle with flaked almonds. Tear over mint leaves.
- Serve with a dollop of plant-based coconut yoghurt and side salad. Enjoy!



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate