

# Sri Lankan Potato & Cauliflower Dhal

with Garlic Tortilla Chips & Almonds

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Brown Onion



Potato



Garlic



Sri Lankan Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Red Lentils



Mini Flour Tortillas



Flaked Almonds



Coriander



Chilli Flakes (Optional)



Ginger Paste

### Recipe Update

Unfortunately, this week's roasted almonds were in short supply, so we've replaced them with flaked almonds. Don't worry, your recipe will be just as delicious!

Prep in: 30-40 mins  
Ready in: 40-50 mins

 Plant Based

Mild Sri Lankan spices work their magic with hearty lentils and creamy coconut milk in your new favourite dhal recipe. Oven-baked tortilla chips work a treat for scooping up the deliciousness.

### Pantry items

Olive Oil



## 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

Two oven trays lined with baking paper · Large saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
carrot	1	2
brown onion	1	2
potato	2	4
garlic	3 cloves	6 cloves
Sri Lankan spice blend	1½ medium sachets	1½ large sachets
tomato paste	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
<b>water*</b>	1 cup	2 cups
coconut milk	1 large tin	2 large tins
vegetable stock powder	1 medium sachet	1 large sachet
red lentils	1 medium packet	1 large packet
<b>salt*</b>	¼ tsp	½ tsp
mini flour tortillas	3	6
coriander	1 bag	1 bag
flaked almonds	1 medium packet	1 large packet
chilli flakes (optional) 🌶️	pinch	pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4835kJ (1156Cal)	545kJ (130Cal)
Protein (g)	37.7g	4.2g
Fat, total (g)	54.9g	6.2g
- saturated (g)	34g	3.8g
Carbohydrate (g)	114.6g	12.9g
- sugars (g)	24.4g	2.7g
Sodium (mg)	1644mg	185mg

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](https://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



2022 | CW34



## Roast the veggies

- Preheat oven to **240°C/200°C fan-forced**.
- Cut **cauliflower** into small chunks. Thinly slice **carrot** into half-moons.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.



## Finish the dhal

- Add **potato** and **red lentils**. Bring to the boil, then reduce heat to medium-low.
- Cover with a lid and cook, stirring occasionally, until lentils and potato are softened and dhal is thickened, **20-25 minutes**.
- Stir through the **salt**, roasted **veggies** and a pinch of **pepper** until combined.

**TIP:** If the dhal is looking a little dry at any point, just add a splash of water!



## Get prepped

- Meanwhile, thinly slice **brown onion**.
- Peel **potato**, then cut into small chunks.
- Finely chop **garlic**.



## Make the tortilla chips

- When the dhal has **10 minutes** remaining, combine a drizzle of **olive oil**, remaining **garlic** and a pinch of **salt** and **pepper** in a small bowl.
- Slice **mini flour tortillas** (see ingredients) into strips.
- Place **tortilla strips** in a single layer on a second lined oven tray, then drizzle or brush with **garlic oil**. Bake until golden, **8-10 minutes**.

**TIP:** Use two oven trays the chips don't fit in a single layer.



## Start the dhal

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion** until softened, **4-5 minutes**.
- Add **Sri Lankan spice blend** (see ingredients), **tomato paste**, **ginger paste** and 1/2 the **garlic**. Cook, stirring, until fragrant, **1 minute**.
- Add the **water**, **coconut milk** and **vegetable stock powder**. Stir to combine.



## Serve up

- Roughly chop **coriander** leaves.
- Divide Sri Lankan potato and cauliflower dhal between bowls.
- Garnish with **flaked almonds**, coriander and **chilli flakes** (if using).
- Serve with garlic tortilla chips. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)