

# Sweet Potato & Lentil Dhal

with Herby Tortilla Chips & Yoghurt

Grab your Meal Kit with this symbol



Onion



Red Lentils



Sweet Potato



Ginger Paste



Mild North Indian Spice Blend



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Mixed Leaves



Herbs



Mini Flour Tortillas



Fresh Chilli (Optional)



Greek-Style Yoghurt

Prep in: 30-40 mins  
 Ready in: 40-50 mins  
 🌶️ Spicy (optional fresh chilli)

Creamy and coconutty, this Indian dish gets a wholesome boost from hearty lentils. Scoop up all the satisfying goodness with the boldly-flavoured baked tortilla chips while they're still warm from the oven.

### 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  
Medium saucepan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1	2
red lentils	1 medium packet	1 large packet
sweet potato	1	2
ginger paste	1 medium packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	1 ½ cups	3 ½ cups
coconut milk	1 medium tin	1 large tin
vegetable stock powder	1 medium sachet	1 large sachet
mixed leaves	1 medium bag	1 large bag
herbs	1 bag	1 bag
mini flour tortillas	6	12
fresh chilli 🌶️	1	2
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3525kJ (842Cal)	643kJ (153Cal)
Protein (g)	31.7g	5.8g
Fat, total (g)	31.8g	5.8g
- saturated (g)	17.1g	3.1g
Carbohydrate (g)	95g	17.3g
- sugars (g)	24.7g	4.5g
Sodium (mg)	1771mg	323mg

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.



## Get prepped

Preheat oven to **220°C/200°C fan-forced**. Finely chop **onion**. Rinse the **red lentils**. Cut **sweet potato** into small chunks. Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

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



## Make the herb oil

While the dhal is simmering, finely chop **herbs**. In a small bowl, combine **herbs** and some **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people). Season to taste.



## Start the dhal

While the sweet potato is roasting, heat a drizzle of **olive oil** in a medium saucepan over medium-high heat. Cook **onion** until softened, **4-5 minutes**. Add **ginger paste**, **mild North Indian spice blend**, **Mumbai spice blend** and **tomato paste**. Cook, stirring, until fragrant, **1 minute**. Add the **water**, **coconut milk** and **vegetable stock powder**, stirring to combine.



## Bake the tortilla strips

When dhal has **10 minutes** remaining, slice **mini flour tortillas** into 3cm strips. Place on a second lined oven tray. Drizzle with the **herb oil**. Toss to coat, then spread into a single layer. Bake until golden, **6-8 minutes**.

**TIP:** If the tortilla strips don't fit in a single layer, divide them between two trays.



## Simmer the dhal

Add **lentils** to the saucepan. Bring to the boil, then reduce heat to medium. Cover with a lid and cook, stirring occasionally, until lentils are softened, **20-22 minutes**. Stir through roasted **sweet potato** and **mixed leaves**. Season with **salt** and **pepper** to taste, then remove from heat.

**TIP:** Add a splash of water to loosen the dhal, if needed.



## Serve up

Thinly slice **fresh chilli** (if using). Divide sweet potato and lentil dhal between bowls. Top with a dollop of the **Greek-style yoghurt** and sprinkle with chilli. Serve with herby tortilla chips.

## Enjoy!

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