

# Chicken & Roast Veggie Dhal

with Garlic Tortilla Chips & Yoghurt

Grab your Meal Kit with this symbol



Carrot



Kumara



Ginger



Garlic



Red Lentils



Boneless Chicken Drumsticks



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Chicken-Style Stock Powder



Baby Spinach Leaves




Mini Flour Tortillas



Greek-Style Yoghurt

 Hands-on: **30-40 mins**  
Ready in: **50-60 mins**

 Eat Me Early

No wonder dhal is the darling of Indian home cooking – it's nutritious, versatile, easy to make and brimming with flavour. Here, we're adding tender pieces of chicken, sweet roasted kumara and carrot, and crunchy garlic flatbread chips.

### 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

Oven tray lined with baking paper  
Large saucepan with a lid

## Ingredients

|                               | 2 People        | 4 People        |
|-------------------------------|-----------------|-----------------|
| olive oil*                    | refer to method | refer to method |
| carrot                        | 1               | 2               |
| kumara                        | 1 (medium)      | 1 (large)       |
| ginger                        | 1 knob          | 2 knobs         |
| garlic                        | 1 clove         | 2 cloves        |
| red lentils                   | 1 packet        | 2 packets       |
| boneless chicken drumsticks   | 1 packet        | 1 packet        |
| mild North Indian spice blend | ¾ sachet        | 3 sachets       |
| tomato paste                  | 1 packet        | 2 packets       |
| water*                        | 1½ cups         | 2 cups          |
| coconut milk                  | 1 tin (200ml)   | 1 tin (400ml)   |
| chicken-style stock powder    | 1 sachet (5g)   | 1 sachet (10g)  |
| baby spinach leaves           | 1 bag (30g)     | 1 bag (60g)     |
| mini flour tortillas          | 3               | 6               |
| Greek-style yoghurt           | 1 medium packet | 1 large packet  |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3606kJ (861Cal) | 548kJ (130Cal) |
| Protein (g)      | 56g             | 8.5g           |
| Fat, total (g)   | 32g             | 4.9g           |
| - saturated (g)  | 22.1g           | 3.4g           |
| Carbohydrate (g) | 83.1g           | 12.6g          |
| - sugars (g)     | 23.4g           | 3.6g           |
| Sodium (mg)      | 1694mg          | 258mg          |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** and **kumara** into bite-sized chunks. Place the **veggies** on a lined oven tray, drizzle generously with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**. Meanwhile, finely grate the **ginger** and **garlic**. Rinse the **red lentils**. Cut the **boneless chicken drumsticks** into 2cm chunks.



## Make the garlic oil

While the dhal is simmering, combine a drizzle of **olive oil** and the **garlic** in a small bowl. Season to taste.



## Start the dhal

In a large saucepan, heat a drizzle of **olive oil** over a high heat. Cook the **chicken**, tossing, until browned and cooked through, **5-6 minutes**. Season, then transfer to a plate. Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **ginger**, **mild North Indian spice blend** (see ingredients) and **tomato paste**, stirring, until fragrant, **1 minute**. Add the **water**, **coconut milk** and **chicken-style stock powder**. Stir to combine.



## Bake the tortilla chips

When the dhal has **10 minutes** cook time remaining, slice the **mini flour tortillas** (see ingredients) into 3cm strips. Place the **tortilla** strips in a single layer on the lined oven tray and drizzle (or brush) with the **garlic oil**. Bake until golden, **6-8 minutes**.

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



## Cook the dhal

Add the **red lentils** to the pan. Bring to the boil, then reduce the heat to a simmer. Cover with a lid and cook until the lentils are softened, **10 minutes**. Remove the lid and cook, uncovered and stirring occasionally, until thickened, **12-15 minutes**. When the dhal has thickened, stir through the **baby spinach leaves**, **chicken** (plus any resting juices) and **roasted veggies**. Season, then stir until warmed through.

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



## Serve up

Divide the chicken and roast veggie dhal between bowls. Top with the **Greek-style yoghurt** and serve with the garlic tortilla chips.

## Enjoy!