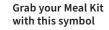


Chicken & Roast Veggie Dhal with Garlic Tortilla Chips & Yoghurt

















Red Lentils

Boneless Chicken Drumsticks



Mild North Indian Spice Blend







Coconut Milk







Baby Spinach

Greek-Style Yoghurt

Mini Flour Tortillas

Pantry items

Olive Oil

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.

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

9		
	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

Per Serving	Per 100g
3606kJ (861Cal)	548kJ (130Cal)
56g	8.5g
32g	4.9g
22.1g	3.4g
83.1g	12.6g
23.4g	3.6g
1694mg	258mg
	3606kJ (861Cal) 56g 32g 22.1g 83.1g 23.4g

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 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.



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.



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.



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.



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.



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!