

Sri Lankan Potato & Cauliflower Dhal

with Garlic Tortilla Chips

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Onion



Potato



Garlic



Sri Lankan Spice Blend



Tomato Paste



Ginger Paste



Coconut Cream



Vegetable Stock Powder



Red Lentils



Salad Leaves



Mini Flour Tortillas



Roasted Almonds



Herbs



Chilli Flakes (Optional)

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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



Spicy (optional chilli flakes)

Be sure your cutlery is at the ready because this dhal is going to disappear in seconds. It has everything, roasted cauliflower, carrot and a creamy taste. Dip the garlic tortilla chips in for a bit of fun and flavour.

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
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
onion	1 (medium)	1 (large)
potato	2	4
garlic	3 cloves	6 cloves
Sri Lankan spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
water*	2 cups	4 cups
coconut cream	1 box (200ml)	1 box (400ml)
vegetable stock powder	1 large sachet	2 large sachets
red lentils	1 packet	2 packets
salt*	¼ tsp	½ tsp
salad leaves	1 small bag	1 medium bag
mini flour tortillas	4	8
roasted almonds	1 packet	2 packets
herbs	1 bag	1 bag
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4574kJ (1093Cal)	601kJ (144Cal)
Protein (g)	39g	5.1g
Fat, total (g)	42.7g	5.6g
- saturated (g)	27.9g	3.7g
Carbohydrate (g)	130.3g	17.1g
- sugars (g)	30.5g	4g
Sodium (mg)	2436mg	320mg

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 oven to **220°C/200°C fan forced**. Cut **cauliflower** into small florets. Cut **carrot** into bite-sized chunks. Place **cauliflower, carrot, a** drizzle of **olive oil** and a pinch of **salt** and **pepper** on a lined oven tray. Toss to coat, then bake until tender, **20-25 minutes**.



Cook the dhal

Drain and rinse **red lentils**. Add **potatoes** and **lentils** to the saucepan. Bring to the boil, then reduce heat to low-medium. Cover with a lid and cook until lentils and potatoes are softened and the dhal has thickened, stirring occasionally, **20-25 minutes**. Once thickened, stir through the **salt, salad leaves, roasted veggies** and a pinch of **pepper**, until warmed through. Season to taste.

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



Get prepped

Meanwhile, thinly slice **onion**. Peel and cut the **potato** into bite-sized chunks. Finely chop **garlic**.



Make the tortilla chips

When the dhal has **10 minutes** remaining, combine a generous drizzle of **olive oil**, remaining **garlic** and a pinch of **salt** and **pepper** in a small bowl. Slice **mini flour tortillas** (see ingredients) into 3cm strips. Place **tortilla strips** in a single layer on the lined oven tray and drizzle or brush with the **garlic oil**. Bake until golden, **8-10 minutes**.

TIP: Use two oven trays if your tortilla 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, tomato paste, ginger paste** and 1/2 the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water, coconut cream** and **vegetable stock powder**. Stir to combine.



Serve up

Roughly chop **roasted almonds** and **herbs**. Divide potato and cauliflower dhal between bowls. Garnish with herbs, almonds and **chilli flakes** (if using). Serve with garlic tortilla chips.

Enjoy!