

Chicken & Roast Veggie Dhal

with Garlic Tortilla Chips & Yoghurt

Grab your Meal Kit with this symbol



 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

Two oven trays 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
parsnip	1	2
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
red lentils	1 packet	2 packets
chicken breast	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	1 sachet
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
Energy (kJ)	3434kJ (820Cal)	552kJ (131Cal)
Protein (g)	63.2g	10.2g
Fat, total (g)	29.1g	4.7g
- saturated (g)	21g	3.4g
Carbohydrate (g)	74.9g	12g
- sugars (g)	23g	3.7g
Sodium (mg)	1995mg	320mg

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 **parsnip** (unpeeled) into 1cm chunks. Place the **carrot** and **parsnip** on an oven tray lined with baking paper, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**. While the veggies are roasting, finely grate the **ginger**. Finely grate the **garlic**. Rinse the red **lentils**. Cut the **chicken breast** 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 with **salt** and **pepper**.



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, **3-4 minutes**. Season with **salt** and **pepper**, transfer to a plate. Return the pan to a medium-high heat with a drizzle of **olive oil**. Add the **ginger**, **mild North Indian spice blend** (see ingredients) and **tomato paste** and cook, 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 a second oven tray lined with baking paper, then drizzle or brush with the **garlic oil**. Bake until golden, **6-8 minutes**.

TIP: Use two oven trays if your tortilla don't fit in a single layer.



Cook the dhal

Add the **red lentils** to the saucepan. 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 until thickened, **12-15 minutes**. When the dhal has thickened, stir through **baby spinach leaves**, **chicken** (plus any resting juices) and roasted **veggies**. Season with **salt** and **pepper**, 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 veggie dhal between bowls. Top with the **Greek-style yoghurt**. Serve with the garlic tortilla chips.

Enjoy!