



Indian Coconut Lentil Nachos

with Pickled Onion, Cucumber Salsa & Mint Yoghurt

Grab your Meal Kit
with this symbol



Hands-on: 25-35 mins
Ready in: 35-45 mins

Get a load of this for a veggie masterpiece that looks just as amazing as it tastes! Crunchy tortilla wedges are piled high with a devilishly tasty coconut lentil mix, cucumber salsa, pickled onion and mint yoghurt.

	Red Onion		Tomato
	Cucumber		Coriander
	Mint		Garlic
	Mini Flour Tortillas		Lentils
	Carrot		Greek-Style Yoghurt
	Mumbai Spice Blend		Tomato Paste
	Coconut Milk		

Pantry items

Olive Oil, White Wine Vinegar

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 frying pan

Ingredients

	2 People refer to method	4 People refer to method
olive oil*	1	1 (large)
red onion	1 (medium)	1 (large)
white wine vinegar*	1/4 cup	1/2 cup
tomato	1	2
cucumber	1 (medium)	1 (large)
coriander	1 bag	1 bag
mint	1 bag	1 bag
garlic	2 cloves	4 cloves
mini flour tortillas	6	12
lentils	1 tin	2 tins
carrot	1	2
Greek-style yoghurt	1 medium packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
coconut milk	1 tin (200ml)	1 tin (400ml)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2905kJ (694Cal)	428kJ (102Cal)
Protein (g)	23.9g	3.5g
Fat, total (g)	27.9g	4.1g
- saturated (g)	21.9g	3.2g
Carbohydrate (g)	82.4g	12.1g
- sugars (g)	20.2g	3g
Sodium (mg)	1216mg	179mg

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.



Pickle the onion

Preheat the oven to **200°C/180°C fan-forced**. Cut the **red onion** in half. Thinly slice 1/2 the **onion**, then finely chop the remaining **onion** (this will be used in step 5!). In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add to the pickling liquid with just enough **water** to cover the onion. Set aside.



Get prepped

Finely chop the **tomato**, **cucumber** and **coriander**. In a medium bowl, combine the **tomato**, **cucumber** and **coriander**. Set aside. Pick and thinly slice the **mint** leaves. Finely chop the **garlic**. Cut the **mini flour tortillas** into wedges. Drain and rinse the **lentils**. Grate the **carrot**.



Make the mint yoghurt

In a second small bowl, combine the **mint**, **Greek-style yoghurt** and a small drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.



Bake the tortillas

Place the **tortilla** wedges on a lined oven tray. Drizzle (or spray) with **olive oil**, season and toss to coat. Spread out evenly, then bake until golden, **8-10 minutes**.

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

TIP: Keep an eye on them. You want them crisp, but not burnt!



Cook the coconut lentils

While the tortillas are baking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **carrot** and remaining **onion**, stirring, until softened, **3-4 minutes**. Add the **lentils** and cook until heated through, **2 minutes**. Add the **garlic** and **Mumbai spice blend** and cook until fragrant, **1-2 minutes**. Stir through the **tomato paste** and **coconut milk**, then season to taste. Simmer until the sauce has thickened, **2-3 minutes**.

TIP: Add a splash of water if the mixture seems dry.



Serve up

Drain the pickled onion. Divide the tortilla chips between plates. Top with the coconut lentils, cucumber salsa and pickled onion. Serve with the mint yoghurt.

TIP: Serve the tortilla chips on the side if you prefer!

Enjoy!