



# Indian Kumara & Lentil Dosa-Dillas

with Salsa & Yoghurt

Grab your Meal Kit with this symbol



Kumara



Garlic



Brown Onion



Lentils



Mumbai Spice Blend



Masala Paste



Tomato Paste



Vegetable Stock Powder



Baby Spinach Leaves



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Mint



Greek-Style Yoghurt



Shredded Cheddar Cheese

Hands-on: 25-35 mins  
Ready in: 45-55 mins

Adding masala paste and Mumbai spice isn't the only controversial spin we've put on these quesadillas. Top half of your tortilla with a hearty lentil and veggie filling, then flip the other half over and bake it like a sideways burrito. And there you have it! A 'dosa-dilla' oozing with goodness.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, 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	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
brown onion	1	2
lentils	1 tin	2 tins
Mumbai spice blend	1 sachet	2 sachets
masala paste	1 medium packet	1 large packet
tomato paste	½ packet	1 packet
water*	½ cup	1 cup
butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
cucumber	1 (medium)	1 (large)
mint	1 bag	1 bag
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
shredded Cheddar cheese**	1 packet (50g)	1 packet (100g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3441kJ (822Cal)	562kJ (134Cal)
Protein (g)	29.4g	4.8g
Fat, total (g)	36.4g	5.9g
- saturated (g)	17.3g	2.8g
Carbohydrate (g)	90.1g	14.7g
- sugars (g)	19g	3.1g
Sodium (mg)	2001mg	327mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3889kJ (929Cal)	610kJ (146Cal)
Protein (g)	35.2g	5.5g
Fat, total (g)	45.8g	7.2g
- saturated (g)	22.9g	3.6g
Carbohydrate (g)	90.1g	14.1g
- sugars (g)	19g	3g
Sodium (mg)	2174mg	341mg

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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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## Roast the kumara

Preheat the oven to **220°C/200°C fan-forced**. Peel and cut the **kumara** into bite-sized chunks, then place on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then add a dash of **water** to the tray and roast until tender, **20-25 minutes**. While the kumara is roasting, finely chop the **garlic** and **brown onion**. Drain and rinse the **lentils**.

**TIP:** Leave the kumara unpeeled if you prefer!



## Bake the dosa-dillas

Brush or spray the **tortillas** with a drizzle of **olive oil**. Bake the **dosa-dillas** until golden, **10-12 minutes**. Spoon any overflowing filling back into the dosa-dillas.

**TIP:** You can place a sheet of baking paper and a second oven tray on top of the dosa-dillas if they unfold during cooking.



## Cook the lentil filling

When the kumara has **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **4-5 minutes**. Add the **Mumbai spice blend**, **masala paste**, **tomato paste** (see ingredients) and **garlic** and cook until fragrant, **1 minute**. Add the **lentils**, the **water**, **butter** and **vegetable stock powder**. Stir to combine and simmer until slightly thickened, **1-2 minutes**. Add the **roasted kumara** and **baby spinach leaves** and stir until wilted, **1-2 minutes**. Season to taste.



## Make the salsa

While the dosa-dillas are baking, finely chop the **cucumber**. Pick and roughly chop the **mint** leaves. In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season. Add the **cucumber** and **mint** and toss to combine.



## Assemble the dosa dillas

Arrange the **mini flour tortillas** over the lined oven tray. Divide the **filling** evenly between the **tortillas**, spooning it onto one half of each **tortilla**, then top with the **shredded Cheddar cheese**. Fold the empty half of each **tortilla** over to enclose the filling and press down gently with a spatula.

**TIP:** If the tortillas don't fit in a single layer, divide between two trays!

## CUSTOM RECIPE

If you've doubled your shredded Cheddar cheese, sprinkle it over the tortillas before baking.



## Serve up

Divide the Indian kumara and lentil dosa-dillas between plates. Serve with the mint salsa and **Greek-style yoghurt**.

## Enjoy!