



Spiced Mushrooms and Lentil Dal

with Garlic-Cilantro Flatbread and Yogurt Sauce

Veggie

35 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://visit.hellofresh.ca)

+ Add



Chicken Breast Tenders
310 g | 620 g

+ Add



Ground Beef
250 g | 500 g



Portobello Mushroom
2 | 4



Red Lentils
½ cup | 1 cup



Flatbread
2 | 4



Mirepoix
113 g | 227 g



Cilantro
7 g | 14 g



Garlic, cloves
1 | 2



Tikka Sauce
½ cup | 1 cup



Dal Spice Blend
1 tbsp | 2 tbsp



Vegetable Stock Powder
1 tbsp | 2 tbsp



Baby Tomatoes
113 g | 227 g



Yogurt Sauce
3 tbsp | 6 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g
2 person | 4 person

1



Prep and roast veggies

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Cut **mushroom caps** and **stems** into ¼-inch-thick slices.
- To an unlined baking sheet, add **mushrooms**, **tomatoes**, **1 tsp** (2 tsp) **Dal Spice Blend** and **1 ½ tbsp** (3 tbsp) **oil**. Season with **salt** and **pepper**.
- Roast in the **middle** of the oven for 10-14 min, stirring halfway, until **mushrooms** are tender and golden and **tomatoes** have burst.
- Meanwhile, heat a medium pot (use a large pot for 4 servings) over medium-high.

4



Toast naan

- When **dal** and **veggies** are almost done, to a small microwavable bowl, add **1 tbsp** (2 tbsp) **butter** and **garlic**. Melt in the microwave, 20-30 sec. Add **half the cilantro**. Season with **salt** and **pepper**, then stir to combine.
- Arrange **flatbreads** on an unlined baking sheet. Spread **cilantro-garlic butter** on **flatbreads**. Toast in the **bottom** of the oven for 4-5 min, until warmed through.

2



Start dal

- When the pot is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl for 30 sec, until melted.
- Add **mirepoix**. Season with **salt** and **pepper**.
- Cook for 3-4 min, stirring occasionally, until tender-crisp and lightly golden.
- Add **lentils**, **stock powder**, **tikka sauce**, **remaining Dal Spice Blend** and **1 ½ cups** (3 cups) **water**. Bring to a boil, then reduce heat to medium-low.
- Cover and cook for 10-15 min, stirring occasionally, until **veggies** are softened. (**TIP:** If lentils are too dry, add water, 2-3 tbsp at a time, if desired.)

5



Finish and serve

- + Add | **Chicken Breast Tenders**
- + Add | **Ground Beef**
- Divide dal between bowls. Top with **mushrooms** and **tomatoes**.
- Drizzle **yogurt sauce** over top.
- Sprinkle **remaining cilantro** over top.
- Tear **flatbreads** and serve alongside.

3



Finish prep

- + Add | **Chicken Breast Tenders**
- + Add | **Ground Beef**
- Meanwhile, roughly chop **cilantro**.
- Peel, then mince or grate **garlic**.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Finish prep and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.**

3 | Finish prep

+ Add | **Ground Beef**

If you've opted to add **beef**, heat a large non-stick pan over medium-high. When hot, add **beef** to the dry pan. Season with **salt** and **pepper**. Cook for 4-6 min, breaking up **beef** and stirring often until **beef** is cooked through.** Remove from heat. Carefully drain and discard excess fat.

5 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Divide **dal** between bowls. Top with **chicken**, **mushrooms** and **tomatoes**.

5 | Finish and serve

+ Add | **Ground Beef**

Divide **beef**, **mushrooms** and **tomatoes** between bowls.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 165°F.