



Curried Veggie Sandwich

with Protein Shreds and Apple-Chana Dal Salad

Veggie 30 Minutes

↗ Custom Recipe + Add ↻ Swap or *2 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](https://www.hellofresh.ca)



- Plant-Based Protein Shreds
200 g | 400 g
- Sandwich Bun
2 | 4
- Gala Apple
1/2 | 1
- Arugula and Spinach Mix
56 g | 113 g
- Garlic, cloves
1 | 2
- Chana Dal
28 g | 56 g
- Plant-Based Mayonnaise
4 tbsp | 8 tbsp
- Mango Chutney
4 tbsp | 8 tbsp
- Curry Paste
2 tbsp | 4 tbsp
- White Wine Vinegar
1 tbsp | 2 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.

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Core, then cut **half the apple** (whole apple for 4 ppl) into ¼-inch matchsticks.
- Peel, then mince or grate **garlic**.

2



Make curried mayo

- Add **mayo** and **half the curry paste** to a small bowl.
- Season with **salt** and **pepper**, then whisk to combine.

3



Make salad dressing

- Add **vinegar**, **1 tsp** (2 tsp) **mango chutney** and **1 tbsp** (2 tbsp) **oil** to a large bowl. (**NOTE:** Remaining mango chutney will be used in step 4.)
- Season with **salt** and **pepper**, then whisk to combine.
- Add **apples**, then toss to coat. Set aside.

4



Cook protein shreds

×2 Double | Protein Shreds

- Heat a large non-stick pan over medium heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **garlic** and **protein shreds**.
- Cook, flipping once or twice, until crispy, 6-8 min.**
- Add **remaining curry paste**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until fragrant, 1 min.
- Remove from heat, then add **remaining mango chutney**. Stir until well combined.

5



Toast buns

- Halve **buns**.
- Arrange on an unlined baking sheet, cut-side up.
- Broil **buns** in the **middle** of the oven until golden-brown, 1-2 min. (**TIP:** Keep an eye on buns so they don't burn!)

6



Finish and serve

- Add **arugula and spinach mix** to the bowl with **apples and dressing**, then toss to coat.
- Spread **curried mayo** on **top** and **bottom buns**.
- Stack **protein shred mixture** on **bottom buns**. Close with **top buns**. (**TIP:** Add some salad to sandwiches, if desired!)
- Divide **salad** and **sandwiches** between plates.
- Top **salad** with **crispy chana dal**.

4 | Cook protein shreds

×2 Double | Protein Shreds

If you've opted for **double protein shreds**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **regular portion of protein shreds**. Work in batches, if necessary.

