



Spiced Mushrooms and Lentil Dal

with Garlic-Cilantro Flatbread and Yogurt Sauce

Veggie

30 Minutes

+ Add



Beyond Meat®
2 | 4

Customized Protein

+ 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)



Portobello Mushrooms
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
¼ cup | ½ 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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | 2 baking sheets, measuring spoons, medium pot, small bowl

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.
- Add **mushrooms, tomatoes, half the Dal Spice Blend** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**.
- Roast in the **middle** of the oven, stirring halfway, until **mushrooms** are tender and golden and **tomatoes** have burst, 10-14 min.

4



Toast flatbreads

- When **dal** and **veggies** are almost done, add **1 tbsp** (2 tbsp) **butter** and **garlic** to a small microwavable bowl. 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 until warmed through, 4-5 min.

2



Start dal

- Meanwhile, heat a medium pot (use a large pot for 4 ppl) over medium-high heat.
- When the pot is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl until melted, 30 sec.
- Add **mirepoix**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until tender-crisp and lightly golden, 3-4 min.
- 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, stirring occasionally, until **veggies** are softened, 10-12 min. (**TIP:** If lentils are too dry, add water, 2-3 tbsp at a time, if desired.)

5



Finish and serve

- 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

- Roughly chop **cilantro**.
- Peel, then mince or grate **garlic**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Finish prep and cook Beyond Meat®

+ Add | **Beyond Meat®**.

If you've opted to add **Beyond Meat® patties**, heat a large non-stick pan over medium-high heat. When hot, add **1/2 tbsp** (1 tbsp) **oil**, then **patties**. Cook, breaking up **patties** into bite-sized pieces, until cooked through, 5-6 min.** Season with **salt** and **pepper**.

5 | Finish and serve

+ Add | **Beyond Meat®**.

Top **dal** with **Beyond Meat®**.

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.