

HELLO Spiced Mushrooms and Lentil Dal with Garlie Cilantra Flathroad and Vaguet Sauce

with Garlic-Cilantro Flatbread and Yogurt Sauce

Veggie

30 Minutes







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 🎥





Portobello Mushrooms



2 | 4





Flatbread



2 | 4





Cilantro



7 g | 14 g







Tikka Sauce ¼ cup | ½ cup



Dal Spice Blend 1 tbsp | 2 tbsp



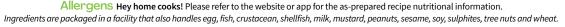
Vegetable Stock Powder 1 tbsp | 2 tbsp



Baby Tomatoes 113 g | 227 g







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



Prep and roast veggies

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Cut mushroom caps and stems into 1/4-inchthick 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.



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.)



Finish prep

🖶 Add | Beyond Meat®

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



5 | Finish and serve

Measurements

Beyond Meat®

within steps

1 tbsp

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 bitesized pieces, until cooked through, 5-6 min.**

(2 tbsp)

oil

Add | Beyond Meat®

Season with **salt** and **pepper**.

3 | Finish prep and cook

🕀 Add | Beyond Meat®.

Top dal with Beyond Meat®.



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.



🛨 Add | Beyond Meat®

- Divide dal between bowls. Top with mushrooms and tomatoes.
- Drizzle yogurt sauce over top.
- Sprinkle remaining cilantro over top.
- Tear flatbreads and serve alongside.

