



# Curried Veggie Sandwiches

with Protein Shreds and Apple-Chana Dal Salad

Veggie

Spicy

30 Minutes



Plant-Based Protein Shreds



Sandwich Bun



Gala Apple



Arugula and Spinach Mix



Garlic, cloves



Chana Dal



Plant-Based Mayonnaise



Mango Chutney



Spicy Curry Paste



White Wine Vinegar



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HELLO PLANT-BASED MAYONNAISE

*This mayo alternative is a great option for egg-free cooking!*

## Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, large bowl, small bowl, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Plant-Based Protein Shreds	200 g	400 g
Sandwich Bun	2	4
Gala Apple	½	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
Spicy Curry Paste 🌶️	2 tbsp	4 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## 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.*

## Contact

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## Prep

- Core, then cut **half the apple** into ¼-inch matchsticks (whole apple for 4 ppl).
- Peel, then mince or grate **garlic**.

4



## Cook protein shreds

- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), 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.

2



## Make curried mayo

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

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!)

3



## Make salad dressing

- Add **vinegar**, **1 tsp mango chutney** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. (**NOTE**: The 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.

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 the sandwiches, if desired!)
- Divide **salad** and **sandwiches** between plates.
- Top **salad** with **crispy chana dal**.

## Dinner Solved!