



Loaded Lentil Chili-Cheese Potato Wedges with Avocado and Sour Cream

FAMILY

35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received. Thank you for your understanding & happy cooking!



Russet Potato



Red Lentils



Cheddar Cheese, shredded



Red Onion, chopped



Garlic



Vegetable Broth Concentrate



Mexican Seasoning



Tomato Sauce



Roma Tomato



Sour Cream



Avocado



Chipotle Powder



Green Onions

HELLO LENTIL LOVE

Did you know that Saskatchewan grows over 60% of the world's lentils?

START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 3:

- Mild: 1/8 tsp
- Medium: 1/4 tsp
- Spicy: 1/2 tsp
- Extra-spicy: 1 tsp

Bust Out

Baking Sheet, Garlic Press, Measuring Spoons, Medium Pot, Measuring Cups

Ingredients

	2 Person	4 Person
Russet Potato	460 g	920 g
Red Lentils	3/4 cup	1 1/2 cup
Cheddar Cheese, shredded	1/2 cup	1 cup
Red Onion, chopped	56 g	113 g
Garlic	12 g	24 g
Vegetable Broth Concentrate	1	2
Mexican Seasoning	1 tbsp	2 tbsp
Tomato Sauce	1/4 cup	1/2 cup
Roma Tomato	160 g	320 g
Sour Cream	6 tbsp	12 tbsp
Avocado	1	2
Chipotle Powder	1 tsp	1 tsp
Green Onions	2	4
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



1. ROAST POTATOS

Cut **potatoes** into 1/4-inch thick wedges. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until golden-brown, 21-23 min.



4. PREP TOPPINGS

While the **chili** simmers, thinly slice the **green onions**. Cut the **tomatoes** into 1/2-inch pieces. Peel, pit, then cut **avocados** into 1/2-inch pieces.



2. START CHILI

While the **potatoes** roast, peel, then mince or grate the **garlic**. Heat a medium pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl). Add the **red onions** to the pot. Cook, stirring occasionally, until softened, 3-4 min. Season with **salt** and **pepper**.



5. FINISH AND SERVE

Once the **potatoes** are finished roasting, divide between plates. Top with the **lentil chili**. Sprinkle over the **cheese**. Top with **green onions, diced tomatoes** and **avocados**. Dollop over the **sour cream**.



3. FINISH CHILI

Add the **tomato sauce, lentils, broth concentrate(s), garlic, Mexican seasoning, 3 cups water** (dbl for 4 ppl) and **1/4 tsp chipotle powder** (**NOTE:** Reference Heat Guide) to the same pot. Bring to a gentle boil and cook, stirring occasionally, until **lentils** soften, 18-20 min. Season with **salt** and **pepper**.

Dinner Solved!