



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CURRY LEAVES

Curry leaves come from a tree in the citrus fruit family. It releases a deliciously nutty aroma when cooked and is a staple in South Indian cooking.



3. COCONUT DAHL SOUP WITH CRISPY CURRY LEAVES

A creamy vegetable dahl soup with fragrant Indian flavours, topped with crispy curry leaves and toasted coconut.



35 Minutes



4 Servings



Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
30g	2g	7g

18 May 2020

FROM YOUR BOX

BROWN ONION	1
DAHL KIT	1
POTATOES	400g
BROCCOLI	1
TOMATOES	2
COCONUT MILK	400ml
PAPADUMS	1 packet
CURRY LEAVES	4 fronds
SHREDDED COCONUT	1 packet (30g)
LEMON	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil or butter (for cooking), soy sauce (or tamari)

KEY UTENSILS

large saucepan or frypan with lid, frypan

NOTES

Add more oil to pan when sautéing the spices if needed.

Cooking the papadums in the microwave according to packet instructions will be the quickest method and uses less oil.



1. SAUTÉ THE ONION & DAHL KIT

Dice onion. Add to a large frypan over medium heat with **oil**. Stir in dahl kit. Cook for 5 minutes until onion is softened (see notes).



2. ADD THE VEGETABLES

Dice potatoes. Cut broccoli into florets and wedge tomatoes. Add to pan as you go.



3. ADD THE COCONUT MILK & SIMMER

Pour in coconut milk and **3 cups water**. Increase heat to medium-high. Cover and simmer for 15 minutes or until peas are tender.



4. COOK THE PAPADUMS

Cook papadums according to preferred method on packet (see notes).



5. MAKE THE TOPPING

Heat a frypan over medium-high heat with **1 tbsp oil**. Remove curry leaves from stems and add to pan along with coconut. Cook for 2-4 minutes until leaves are crispy and coconut is toasted.



6. FINISH AND PLATE

Squeeze lemon juice into dahl. Season with **soy sauce** to taste. Divide among bowls and top with curry leaves and coconut. Serve with papadums.