



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Lentils


Lentils are considered one of the best sources of plant-based, high-protein foods. There is 18g of protein in every one cup serving - the equivalent to eating about 3 whole eggs!



## H2 Coconut and Apple Dhal with Paneer Cheese

Creamy coconut and red lentil dhal, served with pan-fried paneer cheese and a fresh apple and lime topping.

 30 minutes

 2 servings

 Vegetarian

18 February 2022

### Spice it up!

*If you want some extra spice to the dhal, try adding 1 tbsp grated ginger, 2 crushed garlic cloves and 1/4 tsp cayenne powder.*

Per serve: **PROTEIN** 28g **TOTAL FAT** 30g **CARBOHYDRATES** 57g

## FROM YOUR BOX

SHALLOT	1
TOMATO	1
CARROT	1
RED LENTILS	1 packet (100g)
TINNED COCONUT MILK	165ml
LIME	1
GREEN APPLE	1
SNOW PEA SPROUTS	1 punnet
PANEER CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, ground turmeric, vinegar (of choice)

## KEY UTENSILS

frypan, saucepan

## NOTES

We used coconut oil for extra flavour.



### 1. SAUTÉ THE AROMATICS

Heat a saucepan over medium-high heat with **oil** (see notes). Slice shallot, add to pan as you go, along with **1 tbsp cumin** and **1 tsp turmeric**. Sauté for 1 minute until fragrant.



### 2. SIMMER THE LENTILS

Dice tomato and grate carrot. Add to the saucepan and stir to combine. Add lentils, coconut milk and **1 cup water**. Simmer, semi-covered, for 15–20 minutes until lentils are soft. Season with **1 tbsp vinegar**, **salt and pepper**.



### 3. PREPARE THE TOPPINGS

Zest lime to yield 1 tsp (wedge remaining and set aside). Add to a large bowl along with **1 tbsp olive oil** and **1 tbsp vinegar**. Stir to combine. Cut apple into batons or slices and halve snow pea sprouts. Add to bowl and toss to combine.



### 4. COOK THE PANEER

Heat a frypan over medium-high heat with **oil**. Cut paneer into squares and add to pan. Cook, turning, for 3–5 minutes until browned.



### 5. FINISH AND SERVE

Divide dhal among bowls. Top with paneer and fresh toppings. Serve with lime wedges to squeeze over.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

