



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pimp My Salad

Pimp My Salad believe eating pure, natural foods is what keeps us healthy and full of energy. We agree! We've included their Super Salad Sprinkles in this meal and you can check out their other products on our Marketplace.



H2 Immunity Booster Lentil Stew with Crispy Eggplant

Filled with immunity-boosting ingredients, this luscious lentil stew is served with crispy fried eggplant, tangy natural yoghurt and super seed sprinkles.



30 minutes



2-3 servings



Vegetarian

3 June 2022

Spice it up!

This dish would love some chilli! Slices of fresh chilli, a sprinkle of dried chilli flakes or a few dashes of your favourite chilli sauce would be a great addition.

Per serve: **PROTEIN** 47g **TOTAL FAT** 25g **CARBOHYDRATES** 99g

FROM YOUR BOX

BROWN ONION	1
GINGER	1 piece
JEWELLED DALH KIT	1
CARROT	1
TINNED CHERRY TOMATOES	400g
GOURMET EGGPLANTS	2
NATURAL YOGHURT	1 tub
SUPER SEED SPRINKLES	1 sachet
MINT	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, ground cumin

KEY UTENSILS

frypan, large saucepan, stick mixer

NOTES

Skip blending the stew if desired.

If you have a lot of left over stew, add some extra cooked veg to it such as capsicum, sweet potato, or zucchini, and pack for lunch the next day.



1. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil**. Slice onion and peel and grate ginger. Add to pan as you go along with spice sachet from dahl kit. Cook, stirring, for 2 minutes.



2. SIMMER THE STEW

Slice carrot and add to pan along with remainder of dalh kit, tinned tomatoes and **3 tins water**. Simmer, covered, for 15 minutes.



3. PREPARE THE EGGPLANT

Roughly dice eggplants. In a large bowl whisk together **2 tbsp cornflour, 1 1/2 tsp cumin, salt and pepper**. Toss eggplant in the seasoned flour to coat.



4. FRY THE EGGPLANT

Heat a frypan over medium-high heat with enough **oil** to coat the base of the pan. Add eggplant, in batches, and cook, turning occasionally, for 3-6 minutes until golden.



5. BLEND THE STEW

Remove stew from the heat. Use a stick mixer to blend to a smooth consistency (see notes). Season with **salt and pepper**.



6. FINISH AND SERVE

Spoon stew into bowls. Dollop over yoghurt and top with crispy eggplant. Sprinkle over super seeds and serve with mint leaves.

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**

