

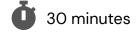


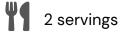


## **Jewelled Mung Dahl**

### with Raita Salad and Pappadums

Jewelled mung dhal cooked with tomato and baby spinach and served with a raita salad of sharp green apple, cucumber and mint, and some pappadums on the side.







# Spice it up!

Serve with sliced green or red chilli, tomato kasundi or a sprinkle of chilli powder to spice up this dish.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

106g

36g 11g

14 July 2023

#### FROM YOUR BOX

BROWN ONION	1
томато	1
JEWELLED MUNG DAHL KIT	1 packet
GREEN APPLE	1
LEBANESE CUCUMBER	1
MINT	1 bunch
GREEK STYLE YOGHURT	1 tub
PAPPADUMS	1 packet
BABY SPINACH	1 bag (60g)

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar

#### **KEY UTENSILS**

large frypan

#### **NOTES**

We used coconut oil for extra flavour.

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



#### 1. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil** (see notes). Slice onion. Add to pan as you go and sauté for 4 minutes. Dice tomato. Add to pan as you go along with spice sachet from dahl kit and sauté for a further minute.



#### 2. SIMMER THE DAHL

Add remainder of dahl kit to pan along with **3 cups water**. Reduce heat and simmer, semi-covered, for 20-25 minutes until legumes are tender.



#### 3. PREPARE THE RAITA

Julienne or grate apple and dice cucumber. Chop mint leaves. Add to a bowl along with yoghurt and **2 tsp vinegar**. Toss to combine. Season with **salt and pepper**. Set aside in fridge.



#### 4. COOK THE PAPPADUMS

Cook the pappadums according to packet instructions (see notes).



#### 5. ADD THE SPINACH

Add baby spinach to dahl. Stir to combine and cook for 1 minute to wilt. Season to taste with salt and pepper.



#### 6. FINISH AND SERVE

Serve dahl, raita and pappadums tableside.



**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 **O481 072 599** or send an email to **hello@dinnertwist.com.au** 



