



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 protein in every one cup serving - the equivalent to eating about 3 whole eggs!



H4 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

 4 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** 25g **TOTAL FAT** 25g **CARBOHYDRATES** 46g

FROM YOUR BOX

BROWN ONION	1
TOMATOES	2
CARROT	1
RED LENTILS	1 packet (200g)
TINNED COCONUT MILK	400ml
LIME	1
GREEN APPLES	2
SNOW PEA SPROUTS	1 punnet
PANEER CHEESE	2 packets

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 onion, add to pan as you go, along with **2 tbsp cumin** and **1/2 tbsp turmeric**. Sauté for 1 minute until fragrant.



2. SIMMER THE LENTILS

Dice tomatoes and grate carrot. Add to the saucepan and stir to combine. Add lentils, coconut milk and **1 tin water**. Simmer, semi-covered, for 15–20 minutes until lentils are soft. Season with **2 tbsp vinegar, salt and pepper**.



3. PREPARE THE TOPPINGS

Zest lime (wedge remaining and set aside). Add to a large bowl along with **1 tbsp olive oil** and **2 tbsp vinegar**. Stir to combine. Cut apples 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**

