

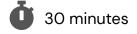


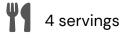


## **Jewelled Mung Dahl**

## 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.

TOTAL FAT CARBOHYDRATES

24g

83g

## FROM YOUR BOX

BROWN ONION	1
TOMATOES	2
JEWELLED MUNG DAHL KIT	1 packet
SWEET POTATO	1
GREEN APPLE	1
LEBANESE CUCUMBERS	2
MINT	1 packet
GREEK STYLE YOGHURT	1 tub
PAPPADUMS	1 packet
BABY SPINACH	1 bag (120g)

#### 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 guickest 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 tomatoes. Add to pan as you go along with spice sachet from dahl kit and sauté for a further minute.



## 2. SIMMER THE DAHL

Dice sweet potato. Add to pan along with remainder of dahl kit and **4 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 cucumbers. 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.



