



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mung Dahl Kit

Turban Chopsticks mung dahl kit contains hand-roasted spice mix and split yellow mung beans. It's mild in heat and gluten-free!



H4

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.



30 minutes



4 servings



Vegetarian

18 November 2022

Spice it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	12g	14g	46g

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 bunch
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 packet instructions will be the quickest method and uses less oil.

Protein upsize - protein upsize is 1 packet **paneer cheese**. Dice paneer and add to a frypan over medium-high heat with oil. Cook until golden.



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.

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

