

# Product Spotlight: Red Lentils

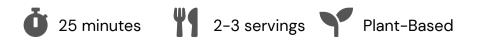
Lentils are a great source of plantbased protein, with 18 grams in every one cup serving – the equivalent to eating about 3 whole eggs!

# Red Lentil Dahl

18 March 2022

# with Raita and Papadums

Lovely warm flavours in this Dhal kit make for a fast and tasty vegetable dhal. Parsnips and tomatoes enrich the base, and served with raita and papadums this is a winner.





Dahl is a great way to use up any other vegetables that may be hanging around in your fridge. You could add pumpkin, sweet potato, beans or just about anything!

#### FROM YOUR BOX

BROWN ONION	1
PARSNIPS	2
TOMATOES	2
RED LENTIL DAHL KIT	1 packet
LEBANESE CUCUMBER	1
COCONUT YOGHURT	1 tub
MINT	1 bunch
PAPADUMS	1 packet

# **1. COOK THE ONION**

Heat a large frypan over medium-high heat with **oil**. Slice and add onion, cook for 3-4 minutes until softened.



# **2. ADD THE VEGETABLES**

Dice parsnips and  $\underline{1}$  tomato, adding to pan as you go. Cook for 5 minutes until softened.



# **3. ADD THE LENTIL KIT**

Add spice mix from kit and cook for 1-2 minutes or until aromatic. Stir in lentils and **4 cups water.** Cook, covered, for 15 minutes.

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar of choice (we used red wine)

### **KEY UTENSILS**

large frypan

#### NOTES

Use a teaspoon to remove the seeds from the cucumber for a thicker raita.

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



# **4. MAKE THE RAITA**

Halve cucumber (see notes) and finely dice (or grate). Stir through yoghurt with 2 tbsp chopped mint and **2 tsp vinegar**. Season to taste with **salt and pepper**.

Dice remaining <u>1</u> tomato and toss with **1 tsp olive oil, salt and pepper**.



## **5. COOK THE PAPADUMS**

Cook the papadums according to preferred method on the packet (see notes).



### **6. FINISH AND SERVE**

Divide Dahl into bowls and garnish with mint leaves. Serve with raita, fresh tomato, and papadums for scooping.

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

