Product Spotlight: Papadums

Papadums are a thin bread-like cracker made from chickpea or lentil flour. They are also gluten free!
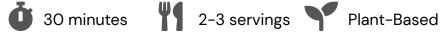
I2 Vegetable Yogi Bowl
with Pappadums

A warm and tasty dahl style bowl cooked with lentils, tomatoes and spinach. Topped with fresh cucumber and parsley salad.

Mix it up!

You can make the bowl without adding the tomatoes and spinach. Chop them and add to the cucumber for a side salad.

🕑 30 minutes   🍴 2-3 servings   🌱 Plant-Based

22 April 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	7g	102g

1. SAUTÉ THE SPICES

Heat a frypan over medium-high heat with **oil** (see notes). Slice and add onion, cook for 3-4 minutes. Remove spice mix from lentil packet and add to pan. Sauté for 1 minute.

2. SIMMER THE LENTIL MIX

Dice tomato, add to pan as you go and cook for 2 minutes. Add remainder of lentil packet and toast for 2 minutes. Pour in **4 cups water** and simmer, covered, for 20 minutes or until lentils are tender.

3. MAKE THE TOPPING

Halve and deseed cucumber. Chop parsley. Slice cucumber and toss together with parsley (use to taste), **1/2 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper.**

4. ADD THE SPINACH

Wash and chop the spinach. Add to frypan and simmer for a further 2-5 minutes until wilted and cooked to your liking. Season to taste with **1-2 tsp vinegar, salt and pepper.**

5. COOK THE PAPPADUMS

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

6. FINISH AND SERVE

Divide lentil mix between bowls and top with cucumber and parsley. Serve papadums on the side.