




Product Spotlight: Red Lentils


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



14 Red Lentil Dahl with Raita and Papadums

Lovely warm flavours in this Dahl 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.

 25 minutes

 4 servings

 Plant-Based

18 March 2022

Mix it up!

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!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	11g	27g	36g

FROM YOUR BOX

BROWN ONION	1
PARSNIPS	4
TOMATOES	4
RED LENTIL DAHL KIT	1 packet
LEBANESE CUCUMBER	1
COCONUT YOGURT	1 tub
MINT	1 bunch
PAPADUMS	1 packet

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.



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 2 tomatoes, 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.



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 2 tomatoes and toss with **1/2 tbsp 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 tomatoes 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**

