



Product Spotlight: Papadums


Papadums are a thin bread-like cracker made from chickpea or lentil flour. They are also gluten free!



14 Vegetable Yogi Bowl with Pappadums

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

 30 minutes

 4 servings

 Plant-Based

22 April 2022

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.

Per serve: **PROTEIN** **TOTAL FAT** **CARBOHYDRATES**
0g 0g 0g

FROM YOUR BOX

BROWN ONION	1
YOGI BOWL	1 packet
CHERRY TOMATOES	1 bag (200g)
LEBANESE CUCUMBERS	2
PARSLEY	1 bunch
ENGLISH SPINACH	1 bunch
PAPPADUMS	1 packet

FROM YOUR PANTRY

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

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.



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 Yogi Bowl mix and add to pan. Sauté for 1 minute.



2. ADD THE TOMATOES

Halve cherry tomatoes, adding to pan as you go and cook for 2 minutes. Add remainder of yogi bowl mix and toast for 2 minutes. Pour in **5 cups water** and simmer, covered, for 20 minutes.



3. MAKE THE TOPPING

Halve and de-seed cucumbers. Chop parsley. Slice cucumbers and toss together with parsley, **1 tbsp olive oil**, **1 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 yogi mix between bowls and top with cucumber and parsley. Serve pappadums on the side.

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

