



### Product Spotlight: Red Lentils

Red lentils are not only delicious but also packed with nutrition! Excellent source of plant-based protein as well as fibre, various vitamins and minerals. They cook faster than many other types of lentils due to their smaller size.



## Turmeric Chicken with Tomato Dahl

Comforting tomato dahl with the goodness of lentils and aromatic spices served topped with golden turmeric chicken bites and a dollop of lemon yoghurt finished with sliced green chilli.



30 minutes



2 servings



Chicken

## Stretch this dish!

*Add in extra veggies such as capsicum, sweet potatoes, onions to get extra serves. You can also serve the chicken and Dahl over basmati or brown rice to stretch further.*

Per serve: **PROTEIN** 52g **TOTAL FAT** 6g **CARBOHYDRATES** 51g

## FROM YOUR BOX

|                     |          |
|---------------------|----------|
| BROWN ONION         | 1        |
| CHENNAI CURRY PASTE | 1 sachet |
| CHOPPED TOMATOES    | 400g     |
| RED LENTILS         | 100g     |
| CHICKEN TENDERLOINS | 300g     |
| LEMON               | 1        |
| NATURAL YOGHURT     | 1 tub    |
| GREEN CHILLI        | 1        |
| BABY SPINACH        | 60g      |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric

## KEY UTENSILS

pan, frypan

## NOTES

You can shred the chicken and add into the Dahl if you prefer!



### 1. COOK THE AROMATICS

Heat a deep pan with **oil** over medium heat. Chop and add **onion**, cook for 5 minutes. Add **curry paste** and cook for a further 1 minute.



### 2. SIMMER THE DAHL

Pour in **chopped tomatoes** along with **lentils** and **1 tin (400ml) water**. Simmer, uncovered, for 15 minutes, stirring occasionally.



### 3. COOK THE CHICKEN

Toss **chicken** with **1 tsp turmeric, oil, salt and pepper**.

Heat a frypan over medium-high heat, cook **chicken** for 8-10 minutes or until golden and cooked through.



### 4. PREPARE THE GARNISH

Meanwhile, **zest lemon** and combine with **yoghurt**. Stir in **juice from 1/4 lemon** (wedge remaining) and season with **salt and pepper**.

Slice **chilli** and cut **remaining lemon** into wedges.



### 5. ADD THE SPINACH

Roughly chop and stir **spinach** through **dahl** to wilt. Adjust seasoning to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Slice **chicken** into bite-sized pieces (see notes).

Serve **dahl** in bowls topped with **golden chicken bites**, a dollop of **lemon yoghurt**, **sliced chilli** and **lemon wedges**.



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