



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



4 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	TOTAL FAT	CARBOHYDRATES
	56g	5g	64g

FROM YOUR BOX

BROWN ONION	1
CHENNAI CURRY PASTE	1 sachet
CHOPPED TOMATOES	400g
ZUCCHINI	1
RED LENTILS	200g
CHICKEN TENDERLOINS	600g
LEMON	1
NATURAL YOGHURT	1 tub
GREEN CHILLI	1
ENGLISH SPINACH	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric

KEY UTENSILS

large pan, frypan

NOTES

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



1. COOK THE AROMATICS

Heat a large, 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. Dice (or grate) and add zucchini along with lentils and **2 tins (800ml) water**. Simmer uncovered for 15 minutes, stirring occasionally.



3. COOK THE CHICKEN

Toss chicken with **2 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 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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