



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



4/6 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
4/6 Person:	49g	4g	42g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
CHENNAI CURRY PASTE	1 sachet	2 sachets
CHOPPED TOMATOES	400g	2 x 400g
ZUCCHINI	1	1
RED LENTILS	200g	200g + 100g
CHICKEN TENDERLOINS	600g	600g + 300g
LEMON	1	1
NATURAL YOGHURT	1 tub	1 tub
GREEN CHILLI	1	1
BABY SPINACH	1 bag	2 bags

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!



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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.



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.



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.

6P – use 1L water, add more if needed.



5. ADD THE SPINACH

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



3. COOK THE CHICKEN

Toss **chicken** with 2-3 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.



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**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

