




**Product Spotlight:
Pomegranate**


Delicious pomegranates are now in season! Before cutting them, press your palm against the pomegranate and roll it on a hard surface to help release the seeds.



Spiced Tomato Lentil Bowl with Pomegranate

A hearty tomato lentil bowl using the much loved Dahl kit from Turban Chopsticks, topped with fresh crunchy cucumber, avocado and seasonal pomegranate seeds for sweetness.

 20 minutes

 4 servings

 Plant-Based

7 April 2023

Switch it up!

You can cook the lentils in coconut milk or cream for a milder flavour. Add a dollop of yoghurt at the end, or serve with crunchy papadums!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	7g	12g	32g

FROM YOUR BOX

SPRING ONIONS	1 bunch
TOMATOES	3
DAHL KIT	1 packet
POMEGRANATE	1
LEBANESE CUCUMBERS	2
AVOCADOS	2
YELLOW CAPSICUM	1
CARROTS	2

FROM YOUR PANTRY

oil for cooking

KEY UTENSILS

saucepan with lid

NOTES

Add more oil to the pan if needed to prevent the spices from burning. Coconut oil works well with this dish!

Another way to release the pomegranate seeds is to break the fruit apart (once cut in half) in a bowl of water. Remove white flesh and drain.



1. SAUTÉ THE VEGETABLES

Heat a saucepan over medium-high heat with **oil**. Slice and add spring onions (reserve some tops for garnish), chop and add tomatoes. Stir in spice mix from dahl kit and cook for 5 minutes (see notes).



2. SIMMER THE LENTILS

Stir in lentils from kit until combined. Pour in **1.2L water**. Cover and simmer for 15 minutes.



3. PREPARE POMEGRANATE

Roll pomegranate on bench to release the seeds. Cut in half horizontally. Hold the cut half over a bowl and tap the seeds out (see notes).



4. PREPARE THE TOPPINGS

Dice cucumbers, avocados and capsicum. Grate carrots.



5. FINISH AND SERVE

Divide lentils among bowls. Top with fresh toppings and pomegranate seeds. Garnish with spring onion tops.



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