



**Product Spotlight:
Mung Dahl Kit**

Turban Chopsticks mung dahl kit contains hand-roasted spice mix and split yellow mung beans. It's mild in heat and gluten-free!



Ayurvedic Kitchari

with Roasted Golden Cauliflower

Kitchari is an Ayurvedic dish made with rice and lentils. Comforting and nourishing, this version is topped with golden roasted cauliflower and served with papadums.



35 minutes



2 servings



Plant-Based

Omit the rice!

Make a traditional Dahl by following the instructions on the packet. Add cauliflower florets and serve with papadums.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	13g	152g

FROM YOUR BOX

CAULIFLOWER	1/2
LEMON	1
GINGER	1 piece
BASMATI RICE	150g
CURRY LEAVES	2 fronds
MUNG DAHL KIT	1 packet
CARROT	1
COCONUT MILK	165ml
PAPADUMS	1 packet
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, turmeric, apple cider vinegar (or other)

KEY UTENSILS

oven tray, large pan, frypan (or microwave)

NOTES

Cooking the papadums in the microwave according to packet instructions will be the quickest method and uses less oil.



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1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut cauliflower into small florets and halve lemon. Place on oven tray and toss with **1 tsp turmeric, salt and oil**. Roast for 20 minutes or until tender and golden.



4. COOK THE PAPADUMS

Cook the papadums according to preferred method on the packet (see notes).



2. COOK THE AROMATICS

Grate ginger and rinse rice.

Heat a large pan with **oil** over medium heat. Add ginger, curry leaves and spice mix (from packet) and cook for 30 seconds or until fragrant, being careful not to burn. Stir in rice to coat.



5. SEASON THE KITCHARI

Season Kitchari with **2 tsp vinegar, salt and pepper** to taste. Add more **water** if needed.



3. SIMMER THE KITCHARI

Dice carrot and add to pan with mung beans (from packet), coconut milk and **1L water**. Stir to combine. Simmer for 20–25 minutes over medium heat or until tender.



6. FINISH AND SERVE

Serve Kitchari in bowls topped with cauliflower and coriander. Serve with a squeeze of the roasted lemon and papadums.

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