



### Product Spotlight: Pistachios

To preserve freshness, store pistachios in an airtight container in a cool, dry place or in the fridge for longer shelf life. Exposure to air can make them go stale quickly.



## Spiced Tomato Lentils with Pistachio Salsa

A comforting bowl of warmly spiced tomato lentils topped with roasted sweet potato, a fresh pistachio and mint salsa, and cooling coconut yoghurt, finished with pops of juicy pomegranate for colour and crunch.

 40 minutes

 Plant-Based

 2 servings

## Switch it up!

*Make this a one-pot meal by dicing the sweet potato and adding it to the lentils and simmer until tender. Add extra water as necessary to cover the lentils and sweet potato.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	22g	68g

## FROM YOUR BOX

SWEET POTATOES	400g
BROWN ONION	1
GARLIC CLOVE	1
MOROCCAN RED LENTIL MIX	160g
CHOPPED TOMATOES	400g
LIME	1
MINT	60g
PISTACHIOS	40g
LEBANESE CUCUMBER	1
COCONUT YOGHURT	120ml
POMEGRANATE	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin

## KEY UTENSILS

oven tray, large saucepan

## NOTES

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.

**Moroccan Red Lentil Mix:** red lentils, ground cumin, ground coriander, ground paprika, ground turmeric, ground cinnamon, ground clove



### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Slice **potatoes** into 1cm rounds and add to a lined oven tray. Toss with **oil, 1 tsp cumin, salt and pepper**. Roast for 15–20 minutes. or until tender and golden.



### 2. SAUTÉ THE VEGETABLES

Heat a saucepan over medium–high heat with **oil**. Slice **onion** and crush **garlic**. Sauté for 3–5 minutes to soften.



### 3. SIMMER THE LENTILS

Add **Moroccan red lentil mix** to pan, stir and coat, and cook for 2 minutes. Pour in **tinned tomatoes** and **1 tin water (400ml) water**. Season with **salt and pepper**. Cover and simmer for 15 minutes, or until **lentils** are tender.



### 4. MAKE THE SALSA

Add **zest and juice from 1/2 lime** (wedge remaining) to a bowl along with **1 tbsp olive oil**. Roughly chop **pistachios** and **mint leaves**. Deseed and dice **cucumber**. Add to bowl and toss to combine. Season to taste with **salt and pepper**.



### 5. 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).



### 6. FINISH AND SERVE

Divide **lentils** among shallow bowls. Top with **sweet potato, pomegranate seeds** and **pistachio salsa**. Spoon over **coconut yoghurt** and serve with **lime wedges**.

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