



Product Spotlight: Coconut

Coconut contains no cholesterol or trans fats, while being rich in a number of essential nutrients including dietary fibre, manganese, copper and selenium.



Yogi Bowl with Roast Vegetables

A Jewelled Dhal mix from Turban Chopsticks served with roasted vegetables, fresh toppings and toasted coconut chips.



35 minutes



2 servings



Plant-Based

Switch it up!

If you don't want to roast your vegetables, simply cut them into smaller pieces and add to the pan with the yogi bowl ingredients.

Per serve: **PROTEIN** 18g **TOTAL FAT** 14g **CARBOHYDRATES** 52g

FROM YOUR BOX

JEWELLED DHAL KIT	1 packet
LEMON	1
BEETROOT	1
ZUCCHINI	1
SHAVED COCONUT	30g
ROCKET	1 bag

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large saucepan, oven tray, frypan

NOTES

We used coconut oil for extra flavour.

Toasting the coconut chips is optional if you are in a hurry to get dinner on the table.

**Watercress was replaced with rocket due to unavailability.*



1. SAUTÉ THE SPICES

Set oven to 220°C.

Heat a saucepan over medium-high heat with **oil** (see notes). Remove **spice mix** from **Jewelled Dhal packet** and add to pan. Sauté for 1 minute.



2. SIMMER THE YOGI BOWL

Tip in remainder of dhal kit and toast for 2 minutes. Pour in **1L water**. Zest **lemon**, reserve 1 tsp for step 3, add remaining to pan. Simmer, covered, for 20–25 minutes or until legumes are tender. Squeeze in **juice from 1/2 lemon**. Season with



3. ROAST THE VEGETABLES

Wedge **beetroot** and cut **zucchini**. Toss on a lined oven tray with **oil**, reserved **lemon zest, salt and pepper**. Roast for 20 minutes or until vegetables are tender.



4. TOAST THE COCONUT

Heat a frypan over medium-high heat. Add **coconut** and toast for 5 minutes or until golden (see notes).



5. PREPARE THE TOPPINGS

Wedge remaining **lemon**. Set aside with **rocket**.



6. FINISH AND SERVE

Divide **yogi bowl mixture** among shallow bowls. Top with **roasted vegetables, fresh toppings** and **coconut chips**.



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