



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 Golden Cauliflower Blossoms

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



35 minutes



4 servings



Plant-Based

Omit the rice!

Make a traditional Dahl by following the instructions on the packet. Chop and add cauliflower blossoms and serve with papadums.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	12g	82g

FROM YOUR BOX

CAULIFLOWER BLOSSOM	1 punnet
GINGER	1 piece
BASMATI RICE	150g
CURRY LEAVES	2 fronds
MUNG DAHL KIT	1 packet
CARROTS	2
COCONUT MILK	165ml
PAPADUMS	1 packet
CORIANDER	1 packet
TOMATO CHUTNEY	1 jar

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.

**Due to limited supply, cauliflower has been switched out for cauliflower blossom.*



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1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut **cauliflower blossoms** into thirds. Place on an 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 **carrots** 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 blossom and **coriander**. Serve with **tomato chutney** and papadums.

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