

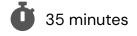




Yogi Bowl

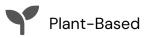
with Roast Vegetables

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





4 servings



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 TOTAL FAT CARBOHYDRATES

g 7g

′g

47g

FROM YOUR BOX

BASMATI RICE	300g
JEWELLED DHAL MIX	1 packet
LEMON	1
BEETROOTS	2
ZUCCHINIS	2
SHAVED COCONUT	30g
ROCKET LEAVES	120g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large saucepan, 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.



1. COOK THE RICE

Set oven to 220°C.

Place **rice** in a saucepan, cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SIMMER THE YOGI BOWL

Heat a large saucepan over medium-high heat with oil (see notes). Remove spice mix from Jewelled Dhal packet and add to pan. Sauté for 1 minute. Add mung beans and 1L water. Cover and simmer, stirring occasionally, for 20–25 minutes or until mung beans are tender. Zest lemon, reserve 1 tsp for step 3. Add remaining zest to saucepan along with juice from 1/2 lemon. Season with salt and pepper to taste.



3. ROAST THE VEGETABLES

Wedge **beetroots** and cut **zucchinis**. Toss on a lined oven tray with **oil**, reserved lemon zest, **salt and pepper**. Roast for 10–15 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 leaves.



6. FINISH AND SERVE

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



How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



