



### 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



4 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** 9g **TOTAL FAT** 7g **CARBOHYDRATES** 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 **zucchini**s. 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.



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