

**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.

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.



35 minutes



4/6 servings



Plant-Based

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	18g	15g	53g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g
JEWELLED DHAL KIT	1 packet	2 packets
LEMON	1	2
BEETROOTS	2	3
ZUCCHINIS	2	2
SHAVED COCONUT	30g	30g
ROCKET	1 bag	2 bags

FROM YOUR PANTRY

oil for cooking (see notes), 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.

*Watercress was replaced with rocket due to unavailability.



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 pan with **oil**. Sauté **spice mix from dhal kit** for 1 minute. Add **mung beans** and **1L water**; cover and simmer 20–25 minutes, stirring occasionally.

Zest **lemon** and reserve 1 tsp for step 3. Add **lemon zest and juice from 1/2 lemon** to dhal. Season with **salt and pepper**.

6P – Use 2L water, zest and juice from 1 lemon.



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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