



Product Spotlight: Pistachios

To preserve freshness, store pistachios in an airtight container in a cool, dry place or in the fridge for longer shelf life. Exposure to air can make them go stale quickly.



Spiced Tomato Lentils with Pistachio Salsa

A comforting bowl of warmly spiced tomato lentils topped with roasted sweet potato, a fresh pistachio and mint salsa, and cooling coconut yoghurt, finished with pops of juicy pomegranate for colour and crunch.

 40 minutes

 Plant-Based

 4/6 servings

Switch it up!

Make this a one-pot meal by dicing the sweet potato and adding it to the lentils and simmer until tender. Add extra water as necessary to cover the lentils and sweet potato.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	21g	69g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
BROWN ONION	1	2
GARLIC CLOVES	2	3
MOROCCAN RED LENTIL MIX	300g	300g + 160g
CHOPPED TOMATOES	400g	2 x 400g
LIME	1	2
MINT	60g	60g
PISTACHIOS	40g	2 x 40g
LEBANESE CUCUMBERS	2	3
COCONUT YOGHURT	120ml	2 x 120ml
POMEGRANATE	1	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin

KEY UTENSILS

oven tray, large saucepan

NOTES

Another way to release the pomegranate seeds is to break the fruit apart (once cut in half) in a bowl of water. Remove white flesh and drain.

Moroccan Red Lentil Mix: red lentils, ground cumin, ground coriander, ground paprika, ground turmeric, ground cinnamon, ground clove



1. ROAST THE SWEET POTATO

Set oven to 220°C.

Slice **potatoes** into 1cm rounds and add to a lined oven tray. Toss with **oil**, **2 tsp cumin**, **salt and pepper**. Roast for 15–20 minutes. or until tender and golden.



4. MAKE THE SALSA

Add **zest and juice from 1/2 lime** (wedge remaining) to a bowl along with **2 tbsp olive oil**. Roughly chop **pistachios** and **mint leaves**. Deseed and dice **cucumbers**. Add to bowl and toss to combine. Season to taste with **salt and pepper**.

6P – add **zest and juice from 1 lime**, and **3 tbsp olive oil**.

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2. SAUTÉ THE VEGETABLES

Heat a saucepan over medium–high heat with **oil**. Slice **onion** and crush **garlic**. Sauté for 3–5 minutes to soften.



5. PREPARE POMEGRANATE

Roll **pomegranate** on bench to release the seeds. Cut in half horizontally. Hold the cut half over a bowl and tap the **seeds** out (see notes).



3. SIMMER THE LENTILS

Add **Moroccan red lentil mix** to pan, stir and coat, and cook for 2 minutes. Pour in **tinned tomatoes** and **2 tins water (800ml) water**. Season with **salt and pepper**. Cover and simmer for 15 minutes, or until **lentils** are tender.

6P – add **tinned tomatoes** and **2 1/2 tins water**.



6. FINISH AND SERVE

Divide **lentils** among shallow bowls. Top with **sweet potato**, **pomegranate seeds** and **pistachio salsa**. Spoon over **coconut yoghurt** and serve with **lime wedges**.

