



### Product Spotlight: Curry Leaf Fronds

Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.



## Lentil Dhal

### with Caramelised Onions and Crispy Curry Leaves

Lentil dhal spiced with island curry spice mix from WA locals, GH Produce, served over fragrant basmati rice with caramelised onions, crispy curry leaves and toasted seed and coconut mix.



30 minutes



2 servings



Plant-Based

## Bulk it up!

*If you want to bulk this meal up or get extra servings, add veggies to the dhal, such as a grated zucchini, diced sweet potato or a diced capsicum. Serve with naan, chapati or roti!*

Per serve: **PROTEIN** 22g **TOTAL FAT** 22g **CARBOHYDRATES** 72g

## FROM YOUR BOX

|                               |          |
|-------------------------------|----------|
| BASMATI RICE                  | 150g     |
| BROWN ONIONS                  | 2        |
| GARLIC CLOVE                  | 1        |
| GINGER                        | 1 piece  |
| TOMATO                        | 1        |
| ISLAND CURRY SPICE MIX        | 1 packet |
| CARROT                        | 1        |
| RED LENTILS                   | 100g     |
| COCONUT MILK                  | 165ml    |
| LIME                          | 1        |
| CURRY LEAF                    | 1 frond  |
| NIGELLA, COCONUT & PEPITA MIX | 1 packet |
| GREEN CHILLI                  | 1        |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice, sugar of choice, balsamic vinegar

## KEY UTENSILS

frypan, 2 saucepans

## NOTES

Wipe pan clean with a paper towel or damp cloth.

Remove seeds from chilli for a milder flavour.



Scan the QR code to  
submit a Google review!



### 1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml 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.



### 4. CARMELISE THE ONION

Add **oil** to a frypan with **reserved sliced onion**. Cook for 5 minutes until soft. Add **1 tbsp sugar** and **1 tbsp vinegar**. Cook for a further 4–5 minutes until caramelised. Season to taste with **salt and pepper**. Remove to a bowl and reserve pan.



### 2. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil**. Slice **onions** and add half to pan (reserve remaining for step 4). Sauté for 3 minutes. Crush **garlic**, and peel and grate **ginger**. Wedge **tomato**. Add to pan along with **spice mix** and cook for 3 minutes.



### 5. TOAST THE TOPPING

Wipe reserved pan clean (see notes). Reheat over medium-high heat with **2 tbsp oil**. Add **curry leaves** and **nigella, coconut and pepita mix**. Toast for 4–5 minutes until **curry leaves** crisp and **coconut** and **seeds** are toasted.



### 3. SIMMER THE DHAL

Slice **carrot**. Add to pan with **lentils, coconut milk, 1 1/2 tins water** and **crumbled stock cube**. Simmer for 15–20 minutes until **lentils** are tender.

Zest **lime** (wedge remaining). Add to **dhal** and season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Thinly slice **chilli** (see notes).

Divide **rice** among shallow bowls. Ladle over **dhal**. Top with **caramelised onion** and **toasted topping**. Serve with **lime wedges** and **chilli slices**.

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

