



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** 21g **TOTAL FAT** 21g **CARBOHYDRATES** 90g

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.



2. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil**. Slice onions (reserve 1/2 for step 4) and add to pan. 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.



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**.



4. CARAMELISE THE ONION

Add **oil** to a frypan with reserved 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.



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.



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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

