



Product Spotlight: Onion

Onions become naturally sweeter and more mellow as they cook, transforming their sharp raw flavour and creating a delicious flavour base for dishes around the world.



Mujadara Lentil Rice with Caramelised Onion

Curried cauliflower, served over lentil rice and topped with caramelised onion, finished with a dollop of coconut yoghurt.



30 minutes



2 servings



Plant-Based

Spice it up!

Serve this dish with a nice fruit chutney if you have some. It also goes well with crunchy pappadums or toasted almond flakes on top.

Per serve: **PROTEIN** 18g **TOTAL FAT** 12g **CARBOHYDRATES** 91g

FROM YOUR BOX

PUY LENTILS/BROWN RICE	150g
BROWN ONION	1
CARROT	1
SNOW PEAS	150g
RADISHES	1 bunch
CORIANDER	1 packet
LEMON	1
CAULIFLOWER	1/2
BENGAL CURRY PASTE	1 sachet
COCONUT YOGHURT	120ml

FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar (of choice), sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

Roast the cauliflower at step 1 if you prefer!

We used red wine vinegar and brown sugar to caramelise the onion. If preferred, you can cook the onion with the cauliflower instead.

If you have some garlic you can add 1/2 a crushed clove to the yoghurt.



Scan the QR code to
submit a Google review!



1. COOK THE LENTIL RICE

Add **lentil and rice mix** to a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes until tender. Drain and rinse (see notes).



2. CAMELISE THE ONION

Heat a frypan over medium-high heat with **oil**. Slice and add **onion**. Cook for 5 minutes until softened. Stir in **1 tbsp vinegar** and **2 tsp sugar** (see notes). Cook for a further 5–7 minutes until caramelised. Remove and set aside.



3. PREPARE THE SALAD

Meanwhile, julienne or grate **carrot**, trim and slice **peas**, slice **radishes**, and chop **coriander**. Toss together with **juice from 1/2 lemon**.



4. COOK THE CAULIFLOWER

Reheat frypan over medium-high heat with **oil**. Cut **cauliflower** into small florets. Add to pan along with **curry paste** and **1/3 cup water**. Cover and cook for 4–5 minutes until tender. Season with **salt and pepper**.



5. PREPARE THE YOGHURT

Combine **coconut yoghurt** with remaining **lemon juice** (see notes). Season with **salt and pepper**.



6. FINISH AND PLATE

Arrange **lentil rice** on a large serving plate. Top with **cauliflower** and **caramelised onion**. Dollop with **yoghurt** and serve with **salad** on the side.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

