



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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	TOTAL FAT	CARBOHYDRATES
	22g	21g	76g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BROWN ONIONS	2	3
GARLIC CLOVES	2	3
GINGER	1 piece	2 pieces
TOMATOES	2	3
ISLAND CURRY SPICE MIX	1 sachet	2 sachets
CARROTS	2	3
RED LENTILS	200g	200g + 100g
COCONUT MILK	1 tin	2 tins
LIME	1	2
CURRY LEAF	2 fronds	3 fronds
NIGELLA, COCONUT & PEPITA MIX	1 packet	2 packets
GREEN CHILLI	1	2

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, 2 saucepans

NOTES

Wipe pan clean with a paper towel or damp cloth.

Remove seeds from chilli for a milder flavour.



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1. COOK THE RICE

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.

6P – use 900ml water for the rice.



4. CAMELISE THE ONION

Add **oil** to frypan with **reserved onion**. Cook for 5 minutes until soft. Add **1–2 tbsp sugar** and **1–2 tbsp vinegar**. Cook for a further 4–5 minutes until caramelised. Season to taste with **salt and pepper**. Remove to a bowl and reserve



2. SAUTÉ THE AROMATICS

Heat a large pan over medium 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 **tomatoes**. 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 **carrots**. Add to pan along with **lentils**, **coconut milk**, **1 tin 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**.

6P – 2 large tins water



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**

