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, served over fragrant basmati rice with caramelised onions, crispy curry leaves and a 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
	18g	19g	78g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONIONS	2	2
GINGER	1 piece	1 piece
TOMATOES	2	3
ISLAND CURRY SPICE MIX	1 sachet	2 sachets
RED LENTILS	200g	200g + 100g
COCONUT MILK	400ml	400ml
BASMATI RICE	300g	300g + 150g
LIME	1	2
CURRY LEAVES	2 fronds	3 fronds
NIGELLA, COCONUT & PEPITA MIX	50g	2 x 50g
GREEN CHILLI	1	1

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, 2 saucepans

NOTES

Remove seeds from chilli for a milder flavour.

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1. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil**. Slice **1 onion** and add to pan. Sauté for 3 minutes. Peel and grate **ginger**, wedge **tomatoes**. Add to pan along with **spice mix** and cook for 3 minutes.

6P - use 1 1/2 sachet of spice mix.



2. SIMMER THE DHAL

Add **lentils**, **coconut milk, 1 tin water** and **crumbled stock cube**. Simmer for 15-20 minutes until **lentils** are tender.

6P - add 2 tins water.



3. COOK THE RICE

Meanwhile, 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. CARAMELISE THE ONION

Slice remaining **onion** and add to a frypan with **oil**. Cook for 5 minutes until softened. Stir in **1 tsp sugar** and cook for a further 4-5 minutes until golden and caramelised. Season with **salt and pepper.** Remove to a bowl and reserve pan.



5. TOAST THE TOPPING

Wipe frypan clean. 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). **Zest lime** and cut into wedges. Add **lime zest** to **dhal** and season to taste with **salt and pepper**.

Divide **rice** and **dhal** among shallow bowls. Top with **caramelised onion, crispy curry leaves and toasted seed mix**. Finish with sliced **chilli** and **lime wedges**.

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