



### Product Spotlight: Lentils

Lentils are considered one of the best sources of plant-based, high-protein foods. There is 18g protein in every one cup serving – the equivalent of eating about 3 whole eggs!



## Coconut and Apple Dhal with Paneer Cheese

Creamy coconut and red lentil dhal served with pan-fried paneer cheese and fresh apple and lime topping.



30 minutes



2 servings



Vegetarian

### Spice it up!

*If you want some extra spice in the dhal, try adding 1 tbsp grated ginger, 2 crushed garlic cloves and 1/4 tsp cayenne pepper or chilli powder.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	26g	52g

## FROM YOUR BOX

BROWN ONION	1
TOMATO	2
CARROT	1
RED LENTILS	100g
TINNED COCONUT MILK	165ml
LIME	1
GREEN APPLE	1
SNOW PEA SPROUTS	1 punnet
PANEER CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, ground turmeric, apple cider vinegar

## KEY UTENSILS

frypan, saucepan

## NOTES

We used coconut oil for extra flavour.



### 1. SAUTÉ THE AROMATICS

Heat a saucepan over medium-high heat with **oil** (see notes). Slice onion, add to pan as you go, along with **1 tbsp cumin** and **1 tsp turmeric**. Sauté for 1 minute until fragrant.



### 2. SIMMER THE LENTILS

Dice tomatoes and grate carrot. Add to the saucepan and stir to combine. Add lentils, coconut milk and **1 cup water**. Simmer, semi-covered, for 15–20 minutes until lentils are soft. Season with **1 tbsp vinegar, salt and pepper**.



### 3. MAKE THE TOPPING

Zest lime (wedge remaining and set aside). Add to a large bowl along with **1/2 tbsp olive oil** and **1 tbsp vinegar**. Stir to combine. Cut apple into batons or slices, and halve snow pea sprouts. Add to bowl and toss to combine.



### 4. COOK THE PANEER

Heat a frypan over medium-high heat with **oil**. Cut paneer into cubes and add to pan. Cook, turning, for 3–5 minutes until browned.



### 5. FINISH AND SERVE

Divide dhal among bowls. Top with paneer and fresh toppings. Serve with lime wedges to squeeze over.



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