



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
	21g	33g	40g

FROM YOUR BOX

BROWN ONION	1
TOMATO	2
CARROT	1
RED LENTILS	100g
TINNED COCONUT MILK	400ml
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 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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