




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** 31g **TOTAL FAT** 42g **CARBOHYDRATES** 59g

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.



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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 **1/3 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 (add more water if needed). Top with **paneer** and **fresh toppings**. Serve with **lime wedges** to squeeze over.

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**

