



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



4/6 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
4/6 Person:	30g/35g	35g/49g	57g/72g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
TOMATOES	3	4
CARROT	1	2
RED LENTILS	2 x 100g	3 x 100g
TINNED COCONUT MILK	400ml	2 x 400ml
LIME	1	1
GREEN APPLES	2	2
SNOW PEA SPROUTS	1 punnet	1 punnet
PANEER CHEESE	2 packets	3 packets

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 **2-3 tbsp cumin** and **1/2-1 tbsp 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 tin water**. Simmer, semi-covered, for 15-20 minutes until **lentils** are soft. Season with **2 tbsp vinegar**, **salt** and **pepper**.

6P - use coconut milk and 1/2 tin water.



3. MAKE THE TOPPING

Zest lime (wedge remaining and set aside). Add to a large bowl along with **1 tbsp olive oil** and **2 tbsp vinegar**. Stir to combine. Cut **apples** 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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