




Product Spotlight: Coconut


Coconut contains no cholesterol or trans fats, while being rich in a number of essential nutrients including dietary fibre, manganese, copper and selenium.



1 Yogi Bowl with Roast Vegetables

A Jewelled Dhal mix from Turban Chopsticks served with roasted vegetables, fresh toppings and toasted coconut chips.

 35 minutes

 2 servings

 Plant-Based

26 November 2021

Switch it up!

If you don't want to roast your vegetables, simply cut them into smaller pieces and add to the pan with the yogi bowl ingredients.

Per serve: **PROTEIN** 16g **TOTAL FAT** 13g **CARBOHYDRATES** 86g

FROM YOUR BOX

JEWELLED DHAL MIX	1 packet
LEMON	1
PURPLE CARROT	1
ZUCCHINI	1
COCONUT CHIPS	1 packet (30g)
WATERCRESS	1 sleeve

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large saucepan, oven tray, frypan

NOTES

We used coconut oil for extra flavour.

Toasting the coconut chips is optional if you are in a hurry to get dinner on the table.



1. SAUTÉ THE SPICES

Set oven to 220°C.

Heat a saucepan over medium-high heat with **oil** (see notes). Remove spice mix from packet and add to pan. Sauté for 1 minute.



2. SIMMER THE YOGI BOWL

Tip in remainder of mix and toast for 2 minutes. Pour in **1 L water**. Zest lemon, reserve 1 tsp for step 3, add remaining to pan. Simmer, covered, for 20–25 minutes or until legumes are tender. Squeeze in juice from 1/2 lemon. Season with **pepper**.



3. ROAST THE VEGETABLES

Slice carrot and cut zucchini. Toss on a lined oven tray with **oil**, reserved lemon zest, **salt and pepper**. Roast for 10–15 minutes or until vegetables are tender.



4. TOAST THE COCONUT

Heat a frypan over medium-high heat. Add coconut chips and toast for 5 minutes or until golden (see notes).



5. PREPARE THE TOPPINGS

Trim watercress. Wedge remaining lemon.



6. FINISH AND SERVE

Divide yogi bowl mixture among shallow bowls. Top with roasted vegetables, fresh toppings and coconut chips.

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 **0481 072 599** or send an email to hello@dinnertwist.com.au

