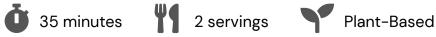


Product Spotlight: Curry Leaves

Curry leaves come from a tree in the citrus fruit family. They release a deliciously nutty aroma when cooked and are a staple in South Indian cooking.

Masala Spiced Lentils 4 with Tempeh

Red lentils, spiced with fragrant curry leaves and garam masala, served with tempeh and brown rice.







1 October 2021



PROTEIN TOTAL FAT CARBOHYDRATES Per serve: 35g 25g 56g



This dish is a great opportunity to use up any old vegetables you have hanging around. Dice some potatoes or pumpkin, slice up some zucchini and add them into the lentils.

FROM YOUR BOX

BROWN RICE	1 packet (150g)
SPRING ONIONS	1/3 bunch *
CURRY LEAF	1 frond
ΤΟΜΑΤΟ	1
RED LENTILS	1 packet (100g)
ТЕМРЕН	1 packet
PARSLEY	1/2 bunch *
SILVERBEET	1/2 bunch *

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, garam masala, apple cider vinegar

KEY UTENSILS

frypan, 2 saucepans

NOTES

We used coconut oil for extra flavour.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



2. SAUTÉ AROMATICS

Heat a second saucepan over mediumhigh heat with **oil** (see notes). Slice spring onions and curry leaf. Sauté for 1-2 minutes. Add **1 tbsp garam masala**, stir to combine.



3. SIMMER LENTILS

Chop tomato. Add to pan along with lentils and **1 1/2 cups water.** Simmer, semicovered, for 8-10 minutes until lentils are tender.



4. COOK THE TEMPEH

Heat a frypan over medium-high heat with oil. Add the tempeh. Cook, breaking up, for 2-4 minutes until warmed through. Remove from heat. Roughly chop parsley leaves and stir through tempeh. Season with salt and pepper.



5. ADD THE SILVERBEET

Remove silverbeet leaves from stalk. Roughly chop and add to lentils along with **1 tsp vinegar**. Cook, stirring, for 1-2 minutes until silverbeet wilts. Season with **salt and pepper**.



6. FINISH AND SERVE

Spoon rice and lentils into bowls. Top with tempeh.

