




### Product Spotlight: Almonds


Almonds contain lots of healthy fats, fibre and protein. As part of a healthy diet, they can help lower blood sugar levels, reduce hunger and promote weight loss.



## 1 Butternut Pumpkin Dhal

Warm and hearty butternut pumpkin cooked in a dhal style dish with fresh topping and toasted almonds.

 30 mins

 4 servings

 Plant-Based

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### *Bulk it out!*

*If you have any spare vegetables in your fridge like sweet potato, cauliflower or green beans, you can always add them to the pot to bulk out your dhal. Save the leftovers for lunch the next day.*

Per serve: **PROTEIN** 21g **TOTAL FAT** 19g **CARBOHYDRATES** 70g

## FROM YOUR BOX

BROWN ONION	1/2 *
TOMATOES	2
BUTTERNUT PUMPKIN	1
RED LENTILS	1 packet (200g)
ALMONDS	1 packet (130g)
LEBANESE CUCUMBER	1
CORIANDER	1/2 packet *
MANGO CHUTNEY	1 jar

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, garam masala, ground turmeric, vinegar of choice (see notes)

## KEY UTENSILS

frypan, large saucepan

## NOTES

We used apple cider vinegar for this recipe.



### 1. PREPARE VEGETABLES

Slice onion, wedge tomatoes, peel and dice pumpkin.



### 2. COOK AROMATICS

Heat a saucepan over medium-high heat with **oil**. Add onion, **1 tbsp garam masala**, and **3 tsp turmeric**. Cook, stirring, for 1-2 minutes.



### 3. COOK PUMPKIN

Add tomatoes, pumpkin and lentils to the pan with **750ml water** and **1 tbsp vinegar**. Stir and cook, covered, for 12-15 minutes until pumpkin and lentils are tender. Season with **salt and pepper**.



### 4. TOAST ALMONDS (OPTIONAL)

Heat a frypan over medium-high heat. Roughly chop almonds, add to pan and toast for 3-5 minutes until golden.



### 5. MAKE THE TOPPING

Dice cucumber and pick coriander leaves. Toss in a bowl.



### 6. FINISH AND PLATE

Spoon curried pumpkin and lentils into shallow bowls. Sprinkle over toasted almonds and serve with mango chutney and fresh toppings

**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](mailto:hello@dinnertwist.com.au)

