




Product Spotlight: Lime


Lime offers a heap of vitamins and minerals, including potassium. Potassium is important for maintaining nerve and muscle function as well as healthy blood pressure levels.



2 Green Moong Dhal

Warm and hearty Green Moong Dhal served with fresh zesty toppings.

 35 mins

 4 servings

 Plant-Based

18 June 2021

Bulk it up!

If you want to bulk out your Dhal, sauté 1 sliced onion, 2 whole tomatoes, 2 garlic cloves and a small piece of ginger at step 1 then add in the dhal kit and follow the remaining instructions.

Per serve: **PROTEIN** 31g **TOTAL FAT** 48g **CARBOHYDRATES** 70g

FROM YOUR BOX

GREEN MOONG DHAL KIT	2
COCONUT MILK	800ml
LIME	1
MINT	1 bunch
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1 bag (200g)
BEAN SHOOTS	1 bag (250g)
PEANUTS	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

KEY UTENSILS

saucepan with lid

NOTES

We use coconut oil to sauté for extra flavour.

The best way to tone down spice levels in a dish is to use fat. For this dish you would add extra coconut milk instead of water, or you could stir through some coconut yoghurt when you serve. You can also use a starchy vegetable, like potato, to help soak up some of the spice.



1. SAUTÉ THE DHAL

Heat a saucepan over medium-high with **oil** (see notes). Add the dhal kits to the saucepan and sauté for 2-3 minutes until fragrant. This dhal kit is on the spicier side, see notes for ways to tone down the spice.



2. SIMMER THE DHAL

Pour coconut milk plus **1.5 ltr water** and zest of the lime to the saucepan. Gently boil, partially covered, for 20-25 minutes.



3. MAKE THE DRESSING

In a bowl whisk together the juice of half the lime with **1 tbsp olive oil, salt and pepper**.



4. PREPARE THE TOPPINGS

Roughly chop mint, dice cucumber and halve cherry tomatoes. Toss in a bowl with bean shoots and dressing until well coated.



5. FINISH AND PLATE

Evenly divide the dhal among bowls, serve with fresh toppings, wedges of lime and sprinkle over peanuts.

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

