



Product Spotlight: Snow Peas

In France the snow pea is also known as mange-tout, meaning "eat it all". This is because of the unusual fact you can eat pea, pod and all!



4 Masala Lentil Curry

A warm, comforting creamy coconut curry with green lentils, crunchy snow peas and a squeeze of lemon, served with a side of brown rice.

 35 minutes

 4 servings

 Plant-Based

21 September 2020

Spice it up!

Have a favourite curry paste or spice? This curry is easy to customise, simply substitute the garam masala and cumin spices to your preferred flavours! Add some tinned tomatoes or tomato paste for a richer flavour.

Per serve: **PROTEIN** 24g **TOTAL FAT** 20g **CARBOHYDRATES** 87g

FROM YOUR BOX

| | |
|-----------------|------------------|
| BROWN RICE | 300g |
| BROWN ONION | 1 |
| CARROT | 1 |
| CELERY STICKS | 2 |
| GARLIC CLOVES | 2 |
| GREEN LENTILS | 1 packet (200g) |
| COCONUT MILK | 400ml |
| SNOW PEAS | 1/2 bag (125g) * |
| ENGLISH SPINACH | 1 bunch |
| LEMON | 1 |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, garam masala, ground cumin

KEY UTENSILS

large frypan with lid, saucepan

NOTES

An easy way to rinse the spinach is to trim the ends and soak the leaves in a bowl of water. The sand will fall to the bottom of the bowl.

Garnish with coriander if you have some spare.



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 THE VEGGIES

Slice onion, carrot and celery. Add to a frypan over medium-high heat with oil. Crush in garlic cloves. Stir through 1 1/2 **tbps** **garam masala** and 1 **tbps** **cumin**.



3. SIMMER THE LENTILS

Add lentils, coconut milk and **2 cups water** to pan. Cover with lid and bring to the boil. Simmer for 20–25 minutes, stirring occasionally, until lentils are tender.



4. ADD THE GREENS

Trim and halve snow peas. Rinse and chop spinach (see notes). Stir into lentils until spinach has wilted. Add 1 **tsp** **lemon zest** and 1/2 the juice (wedge remaining). Season to taste with **salt and pepper**.



5. FINISH AND PLATE

Divide rice and curry among bowls. Serve with lemon wedges (see notes).

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**

