



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.



4 Masala Spiced Lentils with Tempeh

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

 35 minutes

 4 servings

 Plant-Based

1 October 2021

Bulk it up!

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.

Per serve: **PROTEIN** 25g **TOTAL FAT** 14g **CARBOHYDRATES** 54g

FROM YOUR BOX

BROWN RICE	1 packet (300g)
BROWN ONION	1
CURRY LEAVES	2 fronds
TOMATOES	2
CARROTS	2
RED LENTILS	1 packet (200g)
TEMPEH	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

2 frypans, saucepan

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 frypan over medium–high heat with **oil** (see notes). Slice onion and curry leaves. Sauté for 1–2 minutes. Add **2 tbsp garam masala**, stir to combine.



3. SIMMER LENTILS

Chop tomatoes and thinly slice carrots. Add to pan along with lentils and **3 cups water**. Simmer, semi-covered, for 8–10 minutes until lentils are tender.



4. COOK THE TEMPEH

Heat a second 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 **2 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.

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

