

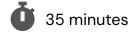




Red Lentil Dahl

with Raita and Pappadums

Lovely warm flavours in this Dhal kit make for a fast and tasty vegetable dhal. Parsnips and tomatoes enrich the base, and served with raita and pappadums this is a winner.





2 servings



Mix it up!

Dahl is a great way to use up any other vegetables that may be hanging around in your fridge. You could add pumpkin, sweet potato, beans or just about anything!

TOTAL FAT CARBOHYDRATES

20g

25g

60g

FROM YOUR BOX

BROWN ONION	1
PARSNIPS	2
TOMATOES	2
RED LENTIL DAHL KIT	1 packet
LEBANESE CUCUMBER	1
NATURAL YOGURT	1 tub
PAPPADUMS	1 packet
MINT	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan with lid

NOTES

Use a teaspoon to remove the seeds from the cucumber for a thicker raita.

Cooking the pappadums in the microwave according to packet instructions will be the quickest method and uses less oil.





1. COOK THE ONION

Heat a large frypan over medium-high heat with **oil**. Slice and add **onion**, cook for 3-4 minutes until softened.



2. ADD THE VEGETABLES

Dice **parsnips** and **1 tomato**, adding to pan as you go. Cook for 5 minutes until softened. Add **spice mix** from kit and cook for 1–2 minutes or until aromatic (add more **oil** if needed).



3. ADD THE LENTIL KIT

Stir in **lentils** and **4 cups water.** Bring to a simmer and cook, covered, for 15 minutes.



4. MAKE THE RAITA

Finely dice (or grate) **cucumber.** Stir through **yoghurt** and season to taste with **salt and pepper**.

Dice remaining tomato and toss with 1/2 tbsp olive oil, salt and pepper.



5. COOK THE PAPPADUMS

Cook the **pappadums** according to preferred method on the packet (see notes).



6. FINISH AND SERVE

Divide **Dahl** into bowls and garnish with sliced **mint** leaves (use to taste). Serve with **raita**, fresh **tomatoes** and **pappadums** for scooping.

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



