



**Product Spotlight:
Red Lentils**

Lentils are a great source of plant-based protein, with 18 grams in every one cup serving – the equivalent to eating about 3 whole eggs!



Red Lentil Dahl

with Raita and Pappadums

Lovely warm flavours in this Dahl 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.

35 minutes

2 servings

Vegetarian

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!

Per serve: **PROTEIN** 20g **TOTAL FAT** 25g **CARBOHYDRATES** 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.



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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**

