



**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

 4 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 | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 20g     | 25g       | 60g           |

## FROM YOUR BOX

|                     |          |
|---------------------|----------|
| BROWN ONION         | 1        |
| PARSNIPS            | 4        |
| TOMATOES            | 4        |
| RED LENTIL DAHL KIT | 1 packet |
| LEBANESE CUCUMBER   | 1        |
| NATURAL YOGHURT     | 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 **2 tomatoes**, 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 **2 tomatoes** 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. Serve with **raita**, fresh **tomatoes** and **pappadums** for scooping.



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