

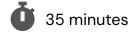




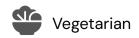
## **Red Lentil Dahl**

### 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.







# 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!

#### **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 **papadums** 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



