



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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 Papadums

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 papadums this is a winner.



35 minutes



4/6 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
4/6 Person:	11g	5g	50g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
PARSNIPS	3	4
TOMATOES	4	5
RED LENTIL DAHL KIT	1 packet	2 packets
LEBANESE CUCUMBER	1	2
NATURAL YOGHURT	1 tub	2 tubs
PAPADUMS	1 packet	1 packet
MINT	1 packet	2 packets

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 papadums 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 **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).

6P - dice parsnips and 3 tomatoes, adding to pan as you go with spice mix.



3. ADD THE LENTIL KIT

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

6P - stir in lentils and 8 cups water.



4. MAKE THE RAITA

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

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



5. COOK THE PAPADUMS

Cook the **papadums** 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

