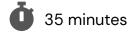




Masala Spiced Lentils

with Paneer Cheese

Red lentils, spiced with fragrant curry leaves and garam masala, served with cooked golden paneer cheese and brown rice.





2 servings



Bulk it up!

This dish is a great opportunity to use up any old vegetables you have hanging around. Dice some potatoes or pumpkin, slice up some zucchini and add them into the lentils.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

22g 8g

48g

FROM YOUR BOX

BROWN RICE	1 packet (150g)
SPRING ONIONS	1/3 bunch *
CURRY LEAF	1 frond
ТОМАТО	1
RED LENTILS	1 packet (100g)
PANEER CHEESE	1 packet
KALE	1/2 bunch *
PARSLEY	1/2 bunch *

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, garam masala, mustard seeds (optional), apple cider vinegar (or vinegar of choice)

KEY UTENSILS

frypan, 2 saucepans

NOTES

If you don't have mustard seeds, you can omit these, or use 1/2 tsp curry powder.

We used coconut oil for extra flavour.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



2. SAUTÉ AROMATICS

Heat a second saucepan over mediumhigh heat with **oil** (see notes). Slice spring onions and curry leaf. Sauté for 1-2 minutes. Add **1 tbsp garam masala**, stir to combine.



3. SIMMER LENTILS

Chop tomato. Add to pan along with lentils and 1 1/2 cups water. Simmer, semi-covered, for 8-10 minutes until lentils are tender.



4. COOK THE PANEER

Heat a frypan over medium-high heat with oil. Dice and add paneer cheese along with 1 tsp mustard seeds (optional). Cook for 3-5 minutes until browned. Season with salt and pepper.



5. ADD THE KALE

Remove kale leaves from stalk. Roughly chop and add to lentils along with 1 tsp vinegar. Cook, stirring, for 1–2 minutes until kale wilts. Season with salt and pepper.



6. FINISH AND SERVE

Spoon rice and lentils into bowls. Top with paneer and garnish with chopped parsley leaves.

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



