



Product Spotlight: Lentils


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



L2 Island Curry Dhal with Roti

This family-friendly dhal is beautifully mild while still being full-flavoured! Island Curry spice mix, red lentils and sweet potato, served with natural yoghurt, lime and roti from Mughals Foods.

 25 minutes

 2 servings

 Vegetarian

23 September 2022

Spice it up!

The flavours in this dhal should please everyone at the table. To spice it up, serve with thinly sliced green chilli, spicy tomato kasundi or a chilli-based chutney.

Per serve: **PROTEIN** 37g **TOTAL FAT** 38g **CARBOHYDRATES** 118g

FROM YOUR BOX

SPRING ONIONS	1 bunch
TOMATO	1
ISLAND CURRY SPICE MIX	1 sachet
SWEET POTATOES	400g
RED LENTILS	1 packet (150g)
TINNED COCONUT MILK	165ml
LIME	1
NATURAL YOGHURT	1 tub
ROTI	6-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube

KEY UTENSILS

2 frypans

NOTES

We used coconut oil for extra flavour.

Keep warm roti wrapped in a clean towel while you heat the remaining.

No gluten option - roti are replaced with mini ready-made pappadums. No cooking required, serve as is with dhal.



1. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil** (see notes). Thinly slice spring onions (reserve green tops), wedge tomato and add to pan. Cook for 5 minutes or until tomatoes start to break down, stir in curry spice mix.



2. SIMMER THE DHAL

Dice sweet potatoes. Add to pan along with lentils, coconut milk, **1 tin water** and crumbled **stock cube**. Cook, semi-covered, stirring occasionally, for 15 minutes or until lentils are tender. Season to taste with **salt and pepper**.



3. MAKE THE RAITA

Meanwhile, zest lime and set zest aside for garnish.

Add yoghurt to a bowl along with reserved spring onion green tops and juice from 1/2 lime (wedge remaining). Season to taste with **salt and pepper**. Stir to combine.



4. WARM THE ROTI

Heat a second frypan over medium-high heat. Add roti and warm for 1 minute each side (see notes).



5. FINISH AND SERVE

Divide dhal among bowls. Sprinkle over reserved lime zest. Dollop on raita and serve with roti.

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

