



# UCOOK

## Decadent Cape Malay Dahl

with Greek yoghurt, pistachios, golden sultanas & rotis

A nod to Cape Town's 300-year-old Cape Malay cuisine. This creamy tomato and lentil dahl is given an edge by cool raita, a pistachio crunch, vitamin-packed spinach, and toasted chickpeas tumbled with plump sultanas.

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**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Tami Schrire

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 Vegetarian

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 **Delheim Wines** | Gewürztraminer

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## Ingredients & Prep

60g	Chickpeas <i>drained &amp; rinsed</i>
10g	Golden Sultanas
15ml	Spice and All Things Nice Cape Malay Curry Paste
120g	Lentils <i>drained &amp; rinsed</i>
100g	Cooked Chopped Tomato
50g	Cucumber <i>grated</i>
125ml	Plain Greek Yoghurt
4g	Fresh Coriander <i>rinsed &amp; finely chopped</i>
10g	Pistachio Nuts
75g	Spinach <i>rinsed &amp; roughly shredded</i>
2	Whole Wheat Rotis

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Tea Towel  
Butter (optional)

**1. A PAN OF GOLDEN DELIGHT** Place a pan over a medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas for 10-12 minutes until crispy and caramel in colour. For best results, only shift them occasionally. If they start to pop out, use a lid to rein them in. During the final 2 minutes, stir through the sultanas and a knob of butter (optional). On completion, remove from the heat and season. Cover to keep warm and set aside for serving.

**2. GET YOUR DAHL STARTED** Place a pot over a medium heat with a drizzle of oil. When hot, fry the curry paste to taste for 1-2 minutes until fragrant, shifting constantly. Add the drained lentils, the cooked chopped tomato, and 65ml of water. Stir until the curry paste is incorporated into the liquid and bring to the boil. Once boiling, reduce the heat and simmer for 5-6 minutes until thickened.

**3. WHILE THE CURRY IS SIMMERING...** Using a cloth, squeeze out and discard the liquid from the grated cucumber. Combine with  $\frac{1}{3}$  of the yoghurt and  $\frac{3}{4}$  of the chopped coriander. Season and set aside for serving. Place the pistachios in a clean pan over a medium heat. Toast for 2-3 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

**4. ROTI O'CLOCK** When the dahl has thickened, stir through the shredded spinach and allow to cook for 2-3 minutes until wilted. In the meantime, return the pistachio pan to a medium heat. When hot, warm the rotis for 30-60 seconds per side until heated through and lightly toasted. Alternatively, place on a plate in a single layer and heat up in the microwave for 30-60 seconds. As you go, stack the heated ones on a plate and cover with a tea towel to keep warm.

**5. ALMOST THERE!** Once the dahl is cooked, remove from the heat and stir through the remaining yoghurt. Season to taste with salt, pepper, and a sweetener of choice.

**6. TIME TO DEVOUR** Spoon the silky Cape Malay dahl into a bowl and top with the chickpeas and sultanas. Garnish with the chopped, toasted pistachios and the remaining coriander. Serve with the raita and rotis on the side. Scoop up and enjoy!



## Chef's Tip

Here's a foolproof method for cleaning your fresh-from-the-earth spinach! Submerge it in water, give it a swirl, and let it rest for a few minutes to allow any sand to sink to the bottom. Remove and rinse thoroughly with fresh water.

## Nutritional Information

Per 100g

Energy	625kJ
Energy	149Kcal
Protein	7g
Carbs	23g
of which sugars	4.7g
Fibre	4.8g
Fat	3g
of which saturated	0.6g
Sodium	330mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts, Soy

Cook  
within 3  
Days