



U C O O K

— COOKING MADE EASY

TANDOORI-SPICED DHAL

with roast potatoes, golden sultanas & pistachios

Treat your winter weeknights right with the luxury of cosy, tandoori-spiced red lentil and roast potato dhal. Speckled, with caramelised sultanas, toasted pistachios, and fresh parsley, it'll fire up your immune system and your taste buds!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Lauren Todd

 **Vegetarian**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

800g	Potato <i>rinsed & cut into bite-size pieces</i>
30ml	NOMU Tandoori Rub
2	Onions <i>peeled & diced</i>
60g	Fresh Ginger <i>peeled & grated</i>
35ml	Spice & Stock Mix <i>(30ml veg stock & 5ml turmeric)</i>
400ml	Red Split Lentils <i>rinsed</i>
60g	Pistachios
60g	Golden Sultanas
200g	Fresh Spinach <i>rinsed & roughly shredded</i>
400ml	Oat Milk
10g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. BEFORE YOU GET GOING Read the whole recipe. You'll find the ingredient prep instructions displayed in the ingredient list, directly under the item they apply to.

2. ROAST 'TATERS Preheat the oven to 200°C. Spread out the potato pieces on a roasting tray. Coat in oil, half of the Tandoori Rub, and seasoning. Roast in the hot oven for 35-40 minutes until cooked through and crispy, shifting halfway.

3. GET THE DHAL GOING When the potatoes have reached the halfway mark, place a large pot over a medium heat with a drizzle of oil. When hot, add in the diced onion, the grated ginger, and a pinch of salt. Fry for 4-5 minutes until the onion is soft and translucent, shifting occasionally. Add the remaining Tandoori Rub (to taste) and the Spice & Stock Mix to the pan and fry for about a minute, stirring continuously. Add the rinsed red split lentils, pour in 800ml of water, and bring to a simmer. Once simmering, reduce to a low-medium heat and pop on a lid. Allow to cook for 12-15 minutes until the lentils are soft, only stirring every now and then.

4. TOASTY PISTACHIOS & CRISPY SULTANAS While the lentils are simmering, place the pistachios and sultanas in a pan over a medium heat. Toast for 2-4 minutes until the pistachios are starting to brown and the sultanas are crisping up, shifting occasionally. Remove from the pan on completion and set aside to cool.

5. FINISHING TOUCHES Once the lentils are cooked and the tandoori potatoes are roasted, add the oat milk and the shredded spinach to the pot of dhal. Bring back to a simmer and pop on the lid. Cook for 3-4 minutes to allow the spinach to wilt into the sauce. Season to taste and remove from the heat on completion.

6. DISH UP & DIG IN Serve up some hearty spoonfuls of lentil dhal. Top it off with the tandoori roast potatoes and the crispy pistachios and sultanas. Garnish with a sprinkling of fresh, chopped parsley. Divine, Chef!



Chef's Tip

Lentils are a powerhouse of macro- and micro-nutrients: a perfect plant-based protein source! They're also high in protein, fiber, and iron.

Nutritional Information

Per 100g

Energy	503kj
Energy	120Kcal
Protein	5.4g
Carbs	21g
of which sugars	3.5g
Fibre	3.7g
Fat	1.9g
of which saturated	0.3g
Sodium	332mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 2
Days