



UCCOOK

Golden Lentil Dahl

with spinach, peppers & crispy poppadoms

Originating from the Indian subcontinent, dahl has become the globally recognised triumph of pulses. And with it's golden lentils, silky coconut cream, ruby peppers, toasted sesame seeds and the crunch of poppadom, this particular vegan magnificence is truly regal.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Deon Huysamer

 Vegetarian

 Haute Cabrière | Chardonnay Pinot Noir

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Ingredients & Prep

1	Onion <i>½ peeled & roughly diced</i>
15g	Fresh Ginger <i>peeled & grated</i>
16,25ml	Spice & Stock Mix <i>(7,5ml NOMU Tandoori Rub, 7,5ml Vegetable Stock & 1,25ml Turmeric)</i>
100ml	Red Split Lentils <i>rinsed</i>
5ml	Black Sesame Seeds
50g	Spinach <i>rinsed & roughly shredded</i>
75g	Pickled Bell Peppers <i>drained & roughly chopped</i>
100ml	Coconut Cream
15ml	Coconut Yoghurt
5g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
2	Poppadoms

From Your Kitchen

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

1. COOK DAHL Place a large pot over a low-medium heat with a drizzle of oil. When the oil is hot, add the diced onion, grated ginger, and a pinch of salt. Fry for 2-3 minutes, shifting occasionally, until the onion is soft and translucent. Add the Spice & Stock mix to the pan and fry for 1-2 minutes, stirring continuously. Add the rinsed red lentils and 180ml of water. Bring to a simmer. Once simmering, reduce the heat to low-medium and pop on the lid. Allow it to cook for 8-10 minutes until the lentils are soft, only stirring occasionally.

2. TOASTED SESAMES Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan on completion and set aside to cool.

3. ADDED VEG Once the red lentils are cooked, add in the shredded spinach, chopped pickled peppers, and the coconut cream. Stir to combine and allow to cook for about 3-5 minutes with the lid off. Season to taste. Should the dahl be too thick, simply add a splash of water.

4. FRESHNESS In a small bowl, combine the coconut yoghurt with ½ of the chopped coriander and seasoning to taste.

5. BRING THE CRISP Place a clean pan over a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time for 30 seconds per side. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

6. PLATE UP Plate up the dahl, dollop over the coriander coconut yoghurt, and garnish with the toasted sesame seeds. Serve with sprinkles of the remaining coriander and the crispy poppadom on the side. Well done, Chef!



Chef's Tip

Lentils are a powerhouse of macro- and micro-nutrients: a perfect plant-based protein source! They're also high in fiber and iron. Use lentils to bulk up soups, sauces, or curries for extra health points.

Nutritional Information

Per 100g

Energy	669kj
Energy	160Kcal
Protein	6.5g
Carbs	20g
of which sugars	4.8g
Fibre	3.4g
Fat	5.8g
of which saturated	4.2g
Sodium	574mg

Allergens

Allium, Sesame, Sulphites

Cook
within
4 Days