

UCOOK

Lentil Dahl & Crispy Bhajis

**with a creamy korma curry base,
piquanté peppers & cashews**

This twist on a classic dahl features a creamy coconut korma sauce, two varieties of lentils, nourishing kale, and pickled peppers. Topped with crispy homemade chilli bites, or “bhajis”. The perfect end to a cold winter’s day!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

Veggie

 Strandveld | Adamastor White Blend

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



Ingredients & Prep

40g	Cashew Nuts <i>roughly chop</i>
1	Onion <i>peel & finely dice</i>
30ml	Spice & All Things Nice Korma Curry Paste
150ml	Dry Red Lentils <i>rinse</i>
10ml	Vegetable Stock
125ml	Packo Chilli Bite Mix
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
100g	Kale <i>rinse & roughly shred</i>
120g	Tinned Lentils <i>drain & rinse</i>
200ml	Coconut Cream
20ml	Lime Juice
40g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. GET TOASTIN' Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. DAHL FIT FOR A DAHLING Place a pot over medium heat with a drizzle of oil. When hot, fry $\frac{3}{4}$ of the diced onion with a pinch of salt until soft and translucent, 3-4 minutes (shifting occasionally). Add the curry paste (to taste) and fry until fragrant, 1-2 minutes (shifting constantly). Mix in the rinsed red lentils, 300ml of water, and the stock. Simmer until the lentils are soft, 10-12 minutes (stirring occasionally).

3. BEAUTIFUL BHAJI BALLS Place the chilli bite mix in a bowl with the remaining onion, $\frac{1}{2}$ the chopped coriander, and $\frac{1}{2}$ the toasted cashews. Mix in 50ml of water until well combined.

4. GET THEM CRISPY Return the pan to medium-high heat and fill with enough oil to deep fry. When hot, carefully drop tablespoon size balls of batter into the hot oil and fry the bhajis until cooked through and golden, 2-3 minutes (flipping halfway). Remove from the pan, drain on paper towel, and season.

5. THE LAST STRETCH Once the red lentils are cooked, add in the shredded kale and the drained tinned lentils. Stir through $\frac{3}{4}$ of the coconut cream until combined. Simmer until the kale is wilted, 3-4 minutes (stirring occasionally). Remove from the heat, add the lime juice (to taste), and season.

6. WARM & SOULFUL Bowl up the hearty dahl, swirl through the remaining coconut cream, and top with the crispy bhajis. Scatter over the drained peppers, the remaining cashews, and the coriander. What a meal, Chef!

Nutritional Information

Per 100g

Energy	896kJ
Energy	214kcal
Protein	9.3g
Carbs	24g
of which sugars	3.7g
Fibre	4.7g
Fat	8.3g
of which saturated	4.7g
Sodium	201mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Soy, Cow's Milk

Eat
Within
4 Days