



U C O O K

— COOKING MADE EASY

The Melting Pot's Tadka Dhal

with yellow split lentils, toasted macadamia nuts & coconut cream

After eating tons of dhal on a trip to India, I realised that often the more simple something is, the more delicious it is. I then developed this tadka dhal recipe, which became a much-loved staple on the menu at The Melting Pot – we literally never took it off!

Hands-On Time: 45 minutes

Overall Time: 55 minutes

Serves: 2 People

Chef: John Van Zyl

 **Vegetarian**

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Ingredients & Prep

200ml	Yellow Split Lentils <i>rinsed</i>
30g	Macadamia Nuts
10ml	Chilli Powder
10ml	Cumin Seeds
200g	Spinach <i>rinsed & roughly shredded</i>
1	Onion <i>peeled & finely diced</i>
2	Garlic Clove <i>peeled & grated</i>
20g	Fresh Ginger <i>peeled & grated</i>
1	Plum Tomato <i>grated</i>
2	Naan Bread
100ml	Coconut Cream
5g	Fresh Coriander <i>rinsed & roughly chopped</i>
65ml	Fruit Chutney

From Your Kitchen

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

1. SIMMER THE LENTILS Boil the kettle. Place a pot over a medium heat with a drizzle of oil. When hot, stir through the rinsed lentils, a large pinch of salt, and 1L of boiling water. Bring to a simmer and pop on a lid. Cook for 25-30 minutes until soft, stirring occasionally. If drying out, gradually add more water to continue cooking.

2. TOASTY NUTS Roughly chop the macadamias and place in a large pan over a medium heat. Toast for 3-4 minutes until golden, shifting occasionally. Remove from the pan and set aside.

3. SPICES & SPINACH When the lentils are halfway, return the pan to a medium-high heat with 60ml of oil. When hot, add in half of the chilli powder to taste and half of the cumin seeds. Temper (fry) for a minute until fragrant, shifting constantly. Season well with salt, pour into a bowl, and set aside for serving. Return the pan to the heat with another drizzle of oil if necessary. When hot, sauté the shredded spinach for 4-5 minutes until wilted. On completion, season to taste and place in a bowl. Cover to keep warm until serving.

4. TADKA DHAL Once cooked, blend half of the lentils until smooth and return to the pot. Simmer on a low heat for 8-10 minutes until thickened, stirring occasionally. While the lentils are simmering, return the pan to a medium-high heat with another drizzle of oil. When hot, fry the remaining cumin seeds for 30-60 seconds until fragrant. Reduce the heat to medium and add the diced onion. Fry for 8-10 minutes until caramelised, shifting occasionally. Add the grated garlic, ginger, and tomato, and mix in the remaining chilli powder to taste. Sauté for a few more seconds until fragrant, then add to the lentils. Stir in 150ml of water and a generous pinch of salt. Cook for 4-5 minutes until the lentils have absorbed the flavours, stirring occasionally.

5. NEARLY THERE... Wipe down the pan and return to a medium-high heat with a drizzle of oil. When hot, toast the naan one at a time for 1-2 minutes per side until crispy. When the dhal is ready, remove from the heat and swirl through the coconut cream.

6. FRAGRANT FEAST Serve up the tadka dhal and drizzle over the tempered spices to taste. Garnish with the macadamias and chopped coriander. Serve with the chutney and spinach on the side. Tear the naan into pieces and use to scoop it all up. Beautiful, Chef!



Chef's Tip

Tempering is a common cooking technique in Indian cuisine used to extract the full flavour from spices. Also known as "tadka", this method involves heating whole or ground spices in hot oil before adding them to a dish or condiment.

Nutritional Information

Per 100g

Energy	701kJ
Energy	167Kcal
Protein	6.9g
Carbs	25g
of which sugars	6.5g
Fibre	4.4g
Fat	5.6g
of which saturated	2.5g
Sodium	232mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 2
Days