

UCOOK

Lentil Curry & Coriander Oil

with crispy poppadoms & fluffy brown rice

This bowl of comfort food is anything but boring. It's packed with spices & flavoured to perfection with creamy coconut milk, herbs, paneer cheese & homemade coriander oil. Guess who's eating in tonight!

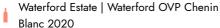
Hands-on Time: 30 minutes Overall Time: 50 minutes

Serves: 3 People

Chef: Ella Nasser



Veggie



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Ingredients	&	Prep

2

15g

1½ peeled & finely diced

Garlic Cloves 3 peeled & grated

Onions

45g Fresh Ginger peeled & grated

41,25ml Turmeric Curry Rub (37,5ml NOMU Indian Rub & 3,75ml Ground Turmeric) 240ml Lentils

Tomato Passata 300g 300ml Coconut Milk 225ml Brown Basmati Rice

rinsed

rinsed Fresh Coriander rinsed

Poppadoms Spinach

60g rinsed 300g Paneer Cheese

cut into 1-2cm cubes

From Your Kitchen

Butter (optional) Sugar/Sweetener/Honey

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

1. LENTS GET IT STARTED Place a pot over a medium heat with a Add the turmeric curry rub, 30ml of a sweetener of choice and the rinsed

and leave in the fridge until serving.

through and reduced.

in the tomato passata, the coconut milk and 900ml of water. Reduce the

heat and leave to simmer for 25-30 minutes or until the lentils are cooked

been absorbed. Keeping the lid on, remove from the heat and steam for

10 minutes. On completion, drain if necessary and fluff up with a fork.

3. FANCY CORIANDER OIL Boil the kettle. Fill a bowl with ice water. Fill a pot with boiling water, place over high heat, and bring back up to

the boil. Once boiling, add the rinsed coriander and blanch for about

10 seconds. On completion, dunk in the ice water. Remove from the ice water and roughly tear. Place in a blender with 150ml of olive oil. Blend

until smooth and frothy. On completion, strain through a sieve or tea towel

4. DOM DOM! Return the pot to 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,

drizzle of oil and a knob of butter (optional). When hot, fry the diced onion, grated garlic and ginger for 5-7 minutes until starting to brown.

Per 100g lentils. Mix until fully combined and fry for 1-2 minutes until fragrant. Pour

Energy Energy

Nutritional Information

Protein 2. FLUFFY BROWN RICE Place the rice in a pot over a medium-high Carbs heat. Submerge in 700ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has

of which sugars Fibre Fat

of which saturated Sodium

Allergens

Dairy, Allium, Sulphites

use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up. 5. GET THOSE GREENS When the curry has 5 minutes remaining, stir through the rinsed spinach and the paneer cubes. Cook until the spinach is wilted and the paneer warmed through. Season to taste and remove from the heat.

6. DIG IN! Plate up the fluffy brown rice. Top with a hearty spoonful of the lentil curry, and drizzle over the homemade coriander oil. Side with the crispy poppadoms. Dig in, Chef!

Cook within 3 **Days**

702kl

8.8a

20g

2.6g

4.4g

6.3g

4.7g

192mg

175kcal