



# UCCOOK

## Marvelous Mushroom Dhal

with poppadoms & parsley coconut yoghurt

Dhal is a classic Indian dish, delicious in every way! This veggie take is loaded with kale, mushrooms, red lentils and coconut cream. It is served with a crispy poppadom and a dollop of creamy parsley-dotted coconut yoghurt. Perfect for a chilly winter's night!

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Veggie

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 Boschendal | 1685 Shiraz

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## Ingredients & Prep

1	Onion <i>½ peeled &amp; roughly diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
15ml	NOMU Indian Rub
75ml	Red Lentils <i>rinsed</i>
125g	Mixed Exotic Mushrooms <i>trimmed &amp; roughly sliced</i>
1	Poppadom
50g	Kale <i>rinsed &amp; roughly shredded</i>
100ml	Coconut Cream
5ml	Dried Chilli Flakes
15ml	Coconut Yoghurt
4g	Fresh Parsley <i>rinsed &amp; chopped</i>

## From Your Kitchen

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

**1. BE LENTIL WITH ME** Place a pot over a medium heat with a drizzle of oil. When hot, add the diced onion and fry for 2-3 minutes until soft, shifting occasionally. Add the grated garlic and the rub and fry for 1-2 minutes until fragrant, shifting constantly. Add the rinsed lentils and 180ml of water. Bring up to a simmer then reduce the heat to medium-low and pop on a lid. Leave to cook for 8-10 minutes until the lentils are soft, only stirring occasionally and adding more water if necessary.

**2. GOLDEN MUSHIES** Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, add the sliced mushrooms and fry for 3-5 minutes until soft and golden, shifting as they colour. Remove from the pan on completion and season to taste.

**3. POPPADOMS** Return the pan, wiped down if necessary, to a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom 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. Drain on paper towel.

**4. IT'S CHILLI OUTSIDE** Once the lentils are cooked, set the lid aside and add the shredded kale, the coconut cream, the chilli flakes (to taste), and ½ the fried mushrooms to the pot. Mix until fully combined. Leave to cook for 4-5 minutes until the kale is wilted, stirring occasionally. Season to taste.

**5. PARSLEY YOGHURT** In a small bowl, combine the coconut yoghurt, ½ the chopped parsley, and seasoning.

**6. DHAL-ICIOUS!** Bowl up the dhal and top with the remaining mushrooms. Side with the crispy poppadom. Dollop over the parsley coconut yoghurt and sprinkle over the remaining parsley. Wow, Chef!

## Nutritional Information

Per 100g

Energy	588kJ
Energy	141Kcal
Protein	6.3g
Carbs	18g
of which sugars	2.3g
Fibre	3.7g
Fat	5.1g
of which saturated	3.8g
Sodium	177mg

## Allergens

Gluten, Allium, Wheat, Sulphites

Cook  
within 3  
Days