



UCCOOK

Cape Malay-style Dahl

with golden sultanas & bulgur wheat

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info

	Per 100g	Per Portion
Energy	644kJ	4341kJ
Energy	154kcal	1039kcal
Protein	6.7g	45g
Carbs	24g	165g
of which sugars	4g	26.9g
Fibre	4.4g	29.5g
Fat	3.4g	23.2g
of which saturated	1.9g	12.6g
Sodium	89mg	601mg

Allergens: Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
30g	40g	Almonds
190g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
45ml	60ml	Spice & All Things Nice Cape Malay Curry Paste
30g	40g	Fresh Ginger <i>peel & grate</i>
300ml	400ml	Dried Red Lentils <i>rinse</i>
300g	400g	Cooked Chopped Tomato
300ml	400ml	Coconut Milk
120g	160g	Spinach <i>rinse</i>
45g	60g	Golden Sultanas <i>roughly chop</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Seasoning (salt & pepper)
Paper Towel

1. BEGIN THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

2. ALL THE ALMONDS Place the almonds in a pot over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

3. GOLDEN MUSHROOMS Return the pot to medium-high heat with a drizzle of oil. Fry the mushrooms until soft and golden, 6-7 minutes (shifting occasionally). Remove from the pot and set aside.

4. SILKY, SWEET ONIONS Return the pot to medium heat with a drizzle of oil. Fry the onion until caramelised, 12-15 minutes (shifting occasionally).

5. HURRY WITH THE CURRY To the pot of caramelised onion, add the curry paste (to taste) and the ginger. Fry until fragrant, 1-2 minutes (shifting constantly). Add the lentils, the cooked chopped tomato, the coconut milk, and 300ml [400ml] of water. Stir until the curry paste is fully incorporated. Bring to a boil, reduce the heat, and simmer until the lentils are cooked through and the sauce has thickened, 12-15 minutes. Stir through the spinach and the mushrooms. Loosen with a splash of water if it's too thick. Remove from the heat.

6. DELICIOUS DAHL Bowl up the fluffy bulgur and top with the caramelised onion dahl. Scatter over the sultanas, the almonds and the coriander.