



UCCOOK

Taphuis Lentil Dahl & Crispy Bhajis

with a creamy korma curry base, pickled peppers & cashews

This twist on the classic dahl has a korma base with creamy coconut sauce and two varieties of lentils. Filled with nourishing kale and pickled peppers. Topped off with homemade chilli bites and some toasted cashews for some crunch. The perfect end to a cold Winter's day!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Stephen Fraser

 Vegetarian

 Lanzerac Estate | Keldermeester Versameling Bergpad

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Ingredients & Prep

40g	Cashew Nuts
150ml	Dried Red Split Lentils
2	Red Onions <i>peeled & finely diced</i>
30ml	Spice & All Things Nice Korma Curry Paste
10ml	Vegetable Stock
125ml	Packo Chilli Bite Mix
8g	Fresh Coriander <i>rinsed & roughly chopped</i>
100g	Kale <i>rinsed & roughly shredded</i>
100g	Pickled Bell Peppers <i>drained & roughly chopped</i>
120g	Tinned Lentils <i>drained & rinsed</i>
200ml	Coconut Cream
1	Lime <i>cut into wedges</i>

From Your Kitchen

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

1. GET TOASTIN' Place the cashew nuts in a pan over a medium heat. Toast for 3-5 minutes until lightly browned, shifting occasionally. Remove from the pan on completion, and finely chop when cool enough to handle.

2. DAHL FIT FOR A DAHLING Rinse the dried red split lentils. Place a large pot over a medium heat with a drizzle of oil. When hot, add in ½ of the diced onion and a pinch of salt. Fry for 3-4 minutes until soft and translucent, shifting occasionally. Add the curry paste to taste and fry for 1 minute, shifting constantly. Mix in the red split lentils, 300ml of water, and the stock. Bring to a simmer, then reduce the heat to low-medium and pop on a lid. Allow to cook for 10-12 minutes until the lentils are soft, only stirring occasionally.

3. BEAUTIFUL BHAJI BALLS Place the chilli bite mix in a bowl with the remaining onion, ½ of the chopped coriander, and ½ of the chopped cashews. Mix in 50ml of water until well combined and roll into 4 balls. To stop the mixture from sticking to your hands, keep a bowl of water next to you and dip your fingers into it between rolling each ball.

4. GET THEM CRISPY Return the pan to a medium-high heat and fill with 4-5cm of oil. When hot, deep fry the bhajis for 3-4 minutes until cooked through and golden, flipping halfway. Remove from the pan, place on some paper towel to drain, and season to taste.

5. THE LAST STRETCH Once the red lentils are cooked, set the lid aside and add in the shredded kale, chopped pickled peppers, and drained tinned lentils. Stir through ¾ of the coconut cream until combined. Allow to cook for 5-6 minutes until the kale is wilted, stirring occasionally. Season to taste with salt, pepper, and lime juice. Remove from the heat on completion.

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



Chef's Tip

If the dahl is too thick on completion, loosen it by gradually mixing in a water in small increments.

Nutritional Information

Per 100g

Energy	719kJ
Energy	172Kcal
Protein	7g
Carbs	19g
of which sugars	4.2g
Fibre	3.9g
Fat	6.7g
of which saturated	3.8g
Sodium	217mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days