



UCOOK

— COOKING MADE EASY

LUXURIOUS CAPE MALAY DHAL

**with pistachios, golden sultanas, crème
fraîche & rotis**

This creamy lentil and tomato dahl features the lush flavour of Cape Malay curry spices. Balanced by cool raita and warm rotis, with a decadent pistachio-sultana-chickpea crumble for texture and crunch. All in a matter of minutes!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Tami Schrire

 **Vegetarian**

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Ingredients & Prep

15ml	Spice and All Things Nice Cape Malay Curry Paste
120g	Lentils <i>drained & rinsed</i>
100g	Cooked Chopped Tomatoes
75g	Spinach <i>rinsed & shredded</i>
65ml	Crème Fraîche
50g	Cucumber
50ml	Plain Yoghurt
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
10g	Pistachio Nuts
60g	Chickpeas <i>drained & rinsed</i>
10g	Golden Sultanas
2	Whole Wheat Rotis

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Sugar/Sweetener/Honey
Paper Towel

1. MAKE YOUR CREAMY DHAL Place a pot over a medium heat with a drizzle of oil. When hot, fry the Cape Malay curry paste (to taste) for a minute until fragrant. Add the drained lentils, cooked chopped tomatoes, and 60ml of water. Mix to combine and bring to the boil. Stir through the shredded spinach, then reduce the heat. Simmer for 10-15 minutes until the sauce has thickened and the spinach has wilted. Remove from the heat on completion and stir in the crème fraîche. Season with salt, pepper, and a sweetener of choice to taste.

2. ASSEMBLE YOUR RAITA! Grate the cucumber onto some paper towel or a tea towel. Gently pat to soak up the excess water. Place the drained cucumber in a bowl with the yoghurt and mix in three-quarters of the chopped coriander. Season to taste and set aside for serving.

3. LUSH NUTS Place the pistachios in a pan over a medium heat. Toast for 2-4 minutes until starting to brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

4. POPPIN' CHICKPEA CRUMBLE Return the pan to a medium heat with a drizzle of oil. When hot, toast the drained chickpeas for 10-12 minutes. For the crispiest results, only shift rarely. If they start to pop out, use a lid to rein them in. At the halfway mark, add in the sultanas and a knob of butter (optional). Toast for the remaining time until the chickpeas are super crispy! Remove from the heat on completion, stir through the chopped pistachios, and season to taste.

5. WARM THE ROTIS Place a clean pan over a medium heat. When hot, lightly toast the rotis for 30-60 seconds per side until heated through. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds.

6. ALL DHAL'D UP! Spoon the delicious dhal into a bowl and top with the luxurious chickpea crumble. Garnish with the remaining chopped coriander and serve with the cucumber raita and rotis on the side. What a feast...



Chef's Tip

Draining and rinsing tinned beans, lentils, and chickpeas before use drastically reduces the amount of sodium you're adding to your meal. It also reduces the amount of complex sugar (which humans can't digest!) and improves the flavour and texture of the food.

Nutritional Information

Per 100g

Energy	758kj
Energy	181Kcal
Protein	7g
Carbs	23g
of which sugars	4.9g
Fibre	4.8g
Fat	6.5g
of which saturated	2.7g
Sodium	241mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts, Soy

Cook
within 2
Days