



# UCOOK

## Lamb & Lentil Dahl

**with coriander coconut yoghurt & golden onions**

Aunty Hawa's home was a place where you could eat a hearty meal, put your feet up, and share laughs. This is her recipe for a famous Indian stew: juicy lamb mince, red lentils, an array of herbs and spices, dollops of coconut yoghurt, and warm satisfaction!

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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:** Prim Reddy & Niranj Pather

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 Easy Peasy

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 Warwick Wine Estate | First Lady Cabernet Sauvignon

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## Ingredients & Prep

13,75ml	Lentil Spice Mix <i>(1,25ml Turmeric &amp; 12,5ml NOMU Indian Rub)</i>
100ml	Dried Red Split Lentils <i>rinsed</i>
3g	Fresh Coriander <i>rinsed</i>
50ml	Coconut Yoghurt
3g	Fresh Mint <i>rinsed &amp; picked</i>
3g	Fresh Curry leaves <i>rinsed</i>
1	Onion <i>peeled &amp; finely sliced</i>
3,75ml	Whole Spices <i>(1 Cinnamon Stick &amp; 3,75ml Cumin Seeds)</i>
150g	Lamb Mince
10g	Fresh Ginger <i>peeled &amp; grated</i>
1	Garlic Clove <i>peeled &amp; grated</i>
1	Fresh Chilli <i>deseeded &amp; roughly chopped</i>
120g	Tinned Lentils <i>drained &amp; rinsed</i>

## From Your Kitchen

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

**1. LET'S GET GOING** Boil the kettle. Place a pot over a medium heat with a drizzle of oil. When hot, fry the lentil spice mix for about 1 minute until fragrant, shifting regularly. Add in the rinsed red split lentils, 250ml of boiling water, and a pinch of salt. Give a stir and bring to a simmer. Cook uncovered for 8-10 minutes, stirring occasionally. If it starts to dry out, gradually add more water to continue the cooking process. On completion, the lentils should be cooked al dente and there should be a small amount of liquid remaining in the pot – don't drain it, you'll be needing it!

**2. IT'S MINT TO BE** Pick the leaves off the rinsed coriander and roughly chop, setting the stems aside. Place in a bowl with the coconut yoghurt and mix to combine. Season and set aside for serving. Roughly slice the coriander stems. Finely slice the rinsed mint leaves. Set both aside.

**3. JUICY LAMB** Place a pot over high heat with a drizzle of oil. When hot, add in the rinsed curry leaves,  $\frac{3}{4}$  of the sliced onion, the whole spices, and a pinch of salt. Fry for 4-5 minutes until the onion is soft and translucent. Add in the lamb mince and work quickly to break it up as it starts to cook. Allow to caramelize for 5-6 minutes, stirring occasionally.

**4. GET THE ONION GOLDEN** Place a small, clean pan over a high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the remaining onion for 4-5 minutes until golden, shifting occasionally. Transfer to a bowl on completion, cover to keep warm, and set aside for serving.

**5. DAHL-ICIOUS!** Once the mince is browned, stir through the grated ginger, grated garlic,  $\frac{3}{4}$  of the mint, and  $\frac{3}{4}$  of the coriander stems. Add the chopped chilli to taste and fry for 1-2 minutes until fragrant. Remove and discard the cinnamon stick, and add in the drained tinned lentils. Add in the cooked red split lentils, as well as any remaining liquid from the pot. Stir until combined, cover with a lid, and leave to simmer for 3 minutes. On completion, it should be thick and creamy. If too stiff, mix in water in 50ml increments until the desired consistency. Remove the pot from the heat.

**6. GRAB A BOWL** Bowl up a generous helping of wholesome lamb and lentil dahl. Top with the fried onion, the coriander coconut yoghurt, and the remaining mint and coriander stems. Last but not least, take a seat!



## Chef's Tip

Your coriander and mint are packaged together to prevent the use of extra plastic. If you struggle to tell the difference, do a quick online search to find some pics for reference!

## Nutritional Information

Per 100g

Energy	893kj
Energy	214Kcal
Protein	15.4g
Carbs	24g
of which sugars	3.2g
Fibre	6.3g
Fat	6.8g
of which saturated	2.9g
Sodium	136mg

## Allergens

Allium, Sulphites

Cook  
within 3  
Days