



UCOOK

Lentil Curry & Coriander Oil

with **crispy poppadoms & fluffy brown rice**

This bowl of comfort food is anything but boring. It's packed with spices & flavoured to perfection with creamy coconut milk, herbs, paneer cheese & homemade coriander oil. Guess who's eating in tonight!


Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Ella Nasser

 Veggie

 Waterford Estate | Waterford OVP Chenin Blanc 2020

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Ingredients & Prep

2	Onions <i>peeled & finely diced</i>
4	Garlic Cloves <i>peeled & grated</i>
60g	Fresh Ginger <i>peeled & grated</i>
55ml	Turmeric Curry Rub <i>(50ml NOMU Indian Rub & 5ml Ground Turmeric)</i>
320ml	Lentils <i>rinsed</i>
400g	Tomato Passata
400ml	Coconut Milk
300ml	Brown Rice <i>rinsed</i>
20g	Fresh Coriander <i>rinsed</i>
8	Poppadoms
80g	Spinach <i>rinsed</i>
400g	Paneer Cheese <i>cut into 1-2cm cubes</i>

From Your Kitchen

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

1. LENTS GET IT STARTED Place a pot over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the diced onion, grated garlic and ginger for 5-7 minutes until starting to brown. Add the turmeric curry rub, 40ml of a sweetener of choice and the rinsed lentils. Mix until fully combined and fry for 1-2 minutes until fragrant. Pour in the tomato passata, the coconut milk and 1.2 l of water. Reduce the heat and leave to simmer for 25-30 minutes or until the lentils are cooked through and reduced.

2. FLUFFY BROWN RICE Place the rice in a pot over a medium-high heat. Submerge in 800ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up with a fork.

3. FANCY CORIANDER OIL Boil the kettle. Fill a bowl with ice water. Fill a pot with boiling water, place over high heat, and bring back up to the boil. Once boiling, add the rinsed coriander and blanch for about 10 seconds. On completion, dunk in the ice water. Remove from the ice water and roughly tear. Place in a blender with 200ml of olive oil. Blend until smooth and frothy. On completion, strain through a sieve or tea towel and leave in the fridge until serving.

4. DOM DOM DOM! Return the pot to a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time 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.

5. GET THOSE GREENS When the curry has 5 minutes remaining, stir through the rinsed spinach and the paneer cubes. Cook until the spinach is wilted and the paneer warmed through. Season to taste and remove from the heat.

6. DIG IN! Plate up the fluffy brown rice. Top with a hearty spoonful of the lentil curry, and drizzle over the homemade coriander oil. Side with the crispy poppadoms. Dig in, Chef!

Nutritional Information

Per 100g

Energy	702kj
Energy	175kcal
Protein	8.8g
Carbs	20g
of which sugars	2.6g
Fibre	4.4g
Fat	6.3g
of which saturated	4.7g
Sodium	192mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days