

## **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

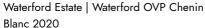
Overall Time: 60 minutes

Serves: 4 People

Chef: Ella Nasser



Veggie



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Ingredients & Prep	
2	Onions peeled & finely diced
4	Garlic Cloves peeled & grated
60g	Fresh Ginger peeled & grated
55ml	Turmeric Curry Rub (50ml NOMU Indian Rub of 5ml Ground Turmeric)
320ml	Lentils rinsed
400g	Tomato Passata
400ml	Coconut Milk

20g	Fresh Coriander rinsed
8	Poppadoms
80g	Spinach rinsed
400g	Paneer Cheese

cut into 1-2cm cubes

Brown Rice

rinsed

## From Your Kitchen

300ml

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

Sugar/Sweetener/Honey

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

and leave in the fridge until serving.

through and reduced.

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

4. 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

1. LENTS GET IT STARTED Place a pot over a medium heat with a

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

2. FLUFFY BROWN RICE Place the rice in a pot over a medium-high

Carbs heat. Submerge in 800ml of salted water and pop on a lid. Once boiling, of which sugars 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

Fibre Fat

Per 100g

Energy

Energy

Protein

of which saturated Sodium

**Nutritional Information** 

**Allergens** 

Dairy, Allium, Sulphites

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!

Cook within 3 Days

702kl

8.8a

20g

2.6g

4.4g

6.3g

4.7g

192mg

175kcal