UCOOK

Lentil Curry & Coriander Oil

with fluffy brown basmati rice

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Ella Nasser

Wine Pairing: Zevenwacht | Estate Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	357kJ	2078kJ
Energy	85kcal	497kcal
Protein	2.6g	15.4g
Carbs	15g	86g
of which sugars	2.6g	15g
Fibre	2g	11.8g
Fat	1.4g	8g
of which saturated	0.1g	0.6g
Sodium	60mg	348mg

Allergens: Allium, Sulphites, Soy

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Brown Basmati Rice *rinse*
15g	20g	Fresh Coriander *rinse*
2	2	Onions *peel & finely dice 1½ [2]*
45ml	60ml	Turmeric Curry Rub *(37,5ml [50ml] NOMU Indian Rub & 7.5ml [10ml] Ground Turmeric)*
3	4	Garlic Cloves *peel & grate*
45g	60g	Fresh Ginger *peel & grate*
300ml	400ml	Tomato Passata
300ml	400ml	Coconut Milk
360g	480g	Tinned Lentils *drain & rinse*
330g	440g	Non-GMO Tofu *drain, pat dry & cut into 1-2cm cubes*
60g	80g	Spinach *rinse*

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Blender
Paper Towel
Seasoning (salt & pepper)

1. FLUFFY BROWN RICE Place the rice in a pot with 700ml [900ml] of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. 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 coriander and blanch for about 10 seconds. Dunk in the ice water briefly, then remove and roughly tear. Place in a blender with 150ml [200ml] of olive oil. Blend until smooth and frothy. Strain through a sieve or tea towel and leave in the fridge until serving.

3. START THE SAUCE Place a pot over medium heat with a drizzle of oil. When hot, fry the onion until soft, 4-5 minutes (shifting occasionally). Add the turmeric curry rub, 30ml [40ml] of sweetener, and the garlic & ginger. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, the coconut milk, and 150ml [200ml] of water. Simmer until thickening, 12-15 minutes. In the final 3-4 minutes, mix in the lentils and cook until warmed through. Remove from the heat and season.

4. GOLDEN TOFU Place a pan over medium-high heat with a drizzle of oil. When hot, fry the tofu until golden and crispy, 2-3 minutes per side. Remove from the pan, drain on paper towel, season, and set aside.

5. GET THOSE GREENS When the curry has 2-3 minutes remaining, stir through the spinach and tofu. Season and remove from the heat.

6. CURRY UP AND EAT! Plate up the fluffy brown rice. Top with a hearty spoonful of the lentil curry, and drizzle over the homemade coriander oil. Dig in, Chef!