



# U C O O K

— COOKING MADE EASY

## The Melting Pot's Tadka Dhal

**with yellow split lentils, toasted macadamia nuts & coconut cream**

After eating tons of dhal on a trip to India, I realised that often the more simple something is, the more delicious it is. I then developed this tadka dhal recipe, which became a much-loved staple on the menu at The Melting Pot – we literally never took it off!

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**Hands-On Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 1 Person

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**Chef:** John Van Zyl

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 **Vegetarian**

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## Ingredients & Prep

100ml	Yellow Split Lentils <i>rinsed</i>
15g	Macadamia Nuts
5ml	Chilli Powder
5ml	Cumin Seeds
100g	Spinach <i>rinsed &amp; roughly shredded</i>
1	Onion <i>one half peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
10g	Fresh Ginger <i>peeled &amp; grated</i>
1	Plum Tomato <i>grated</i>
1	Naan Bread
50ml	Coconut Cream
3g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
30ml	Fruit Chutney

## From Your Kitchen

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

**1. SIMMER THE LENTILS** Boil the kettle. Place a pot over a medium heat with a drizzle of oil. When hot, stir through the rinsed lentils, a large pinch of salt, and 750ml of boiling water. Bring to a simmer and pop on a lid. Cook for 25-30 minutes until soft, stirring occasionally. If drying out, gradually add more water to continue cooking.

**2. TOASTY NUTS** Roughly chop the macadamias and place in a pan over a medium heat. Toast for 3-4 minutes until golden, shifting occasionally. Remove from the pan and set aside.

**3. SPICES & SPINACH** When the lentils are halfway, return the pan to a medium-high heat with 2 tbsp of oil. When hot, add in half of the chilli powder to taste and half of the cumin seeds. Temper (fry) for a minute until fragrant, shifting constantly. Season well with salt, pour into a bowl, and set aside for serving. Return the pan to the heat with another drizzle of oil if necessary. When hot, sauté the shredded spinach for 3-4 minutes until wilted. On completion, season to taste and place in a bowl. Cover to keep warm until serving.

**4. TADKA DHAL** Once cooked, blend half of the lentils until smooth and return to the pot. Simmer on a low heat for 6-8 minutes until thickened, stirring occasionally. While the lentils are simmering, return the pan to a medium-high heat with another drizzle of oil. When hot, fry the remaining cumin seeds for 30-60 seconds until fragrant. Reduce the heat to medium and add the diced onion. Fry for 6-8 minutes until caramelised, shifting occasionally. Add the grated garlic, ginger, and tomato, and mix in the remaining chilli powder to taste. Sauté for a few more seconds until fragrant, then add to the lentils. Stir in 75ml of water and a generous pinch of salt. Cook for 3-4 minutes until the lentils have absorbed the flavours, stirring occasionally.

**5. NEARLY THERE** Wipe down the pan and return to a medium-high heat with a drizzle of oil. When hot, toast the naan for 1-2 minutes per side until crispy. When the dhal is ready, remove from the heat and swirl through the coconut cream.

**6. FRAGRANT FEAST** Serve up the tadka dhal and drizzle over the tempered spices to taste. Garnish with the macadamias and chopped coriander. Serve with the chutney and spinach on the side. Tear the naan into pieces and use to scoop it all up. Beautiful, Chef!



## Chef's Tip

Tempering is a common cooking technique in Indian cuisine used to extract the full flavour from spices. Also known as "tadka", this method involves heating whole or ground spices in hot oil before adding them to a dish or condiment.

## Nutritional Information

Per 100g

Energy	701kJ
Energy	167Kcal
Protein	6.9g
Carbs	25g
of which sugars	6.5g
Fibre	4.4g
Fat	5.6g
of which saturated	2.5g
Sodium	232mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 2  
Days