



# UCCOOK

## Taphuis Lentil Dahl & Crispy Bhajis

**with a creamy korma curry base, pickled peppers & cashews**

This twist on the classic dahl has a korma base with creamy coconut sauce and two varieties of lentils. Filled with nourishing kale and pickled peppers. Topped off with homemade chilli bites and some toasted cashews for some crunch. The perfect end to a cold Winter's day!

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**Hands-On Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Stephen Fraser

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 Vegetarian

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 Lanzerac Estate | Keldermeester Versameling  
Bergpad

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## Ingredients & Prep

20g	Cashew Nuts
75ml	Dried Red Split Lentils
1	Red Onion <i>peeled &amp; finely diced</i>
15ml	Spice & All Things Nice Korma Curry Paste
5ml	Vegetable Stock
55ml	Packo Chilli Bite Mix
4g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
50g	Kale <i>rinsed &amp; roughly shredded</i>
50g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
60g	Tinned Lentils <i>drained &amp; rinsed</i>
100ml	Coconut Cream
1	Lime <i>½ cut into wedges</i>

## From Your Kitchen

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

**1. GET TOASTIN'** Place the cashew nuts in a pan over a medium heat. Toast for 3-5 minutes until lightly browned, shifting occasionally. Remove from the pan on completion, and finely chop when cool enough to handle.

**2. DAHL FIT FOR A DAHLING** Rinse the dried red split lentils. Place a pot over a medium heat with a drizzle of oil. When hot, add in ½ of the diced onion and a pinch of salt. Fry for 2-3 minutes until soft and translucent, shifting occasionally. Add the curry paste to taste and fry for 1 minute, shifting constantly. Mix in the red split lentils, 180ml of water, and the stock. Bring to a simmer, then reduce the heat to low-medium and pop on a lid. Allow to cook for 8-10 minutes until the lentils are soft, only stirring occasionally.

**3. BEAUTIFUL BHAJI BALLS** Place the chilli bite mix in a bowl with the remaining onion, ½ of the chopped coriander, and ½ of the chopped cashews. Mix in 40ml of water until well combined and roll into 2 balls. To stop the mixture from sticking to your hands, keep a bowl of water next to you and dip your fingers into it between rolling each ball.

**4. GET THEM CRISPY** Return the pan to a medium-high heat and fill with 4-5cm of oil. When hot, deep fry the bhajis for 2-3 minutes until cooked through and golden, flipping halfway. Remove from the pan, place on some paper towel to drain, and season to taste.

**5. THE LAST STRETCH** Once the red lentils are cooked, set the lid aside and add in the shredded kale, chopped pickled peppers, and drained tinned lentils. Stir through ¾ of the coconut cream until combined. Allow to cook for 5-6 minutes until the kale is wilted, stirring occasionally. Season to taste with salt, pepper, and lime juice. Remove from the heat on completion.

**6. WARM & SOULFUL** Bowl up some hearty dahl, swirl through the remaining coconut cream, and top with the crispy bhajis. Scatter over the remaining cashews and coriander, and garnish with a lime wedge. What a meal, Chef!



## Chef's Tip

If the dahl is too thick on completion, loosen it by gradually mixing in a water in small increments.

## Nutritional Information

Per 100g

Energy	719kJ
Energy	172Kcal
Protein	7g
Carbs	19g
of which sugars	4.2g
Fibre	3.9g
Fat	6.7g
of which saturated	3.8g
Sodium	217mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within  
4 Days