



# UCCOOK

## Cape Malay Dahl

with homemade raita, toasted pistachios & rotis

Our take on this dahl is a nod to the Cape Malay cuisine. It is given an edge by cool raita, a pistachio crunch, bright spinach, and toasted chickpeas tumbled with plump sultanas.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Megan Bure

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 Veggie

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 Waterford Estate | Waterford Old Vine Chenin Blanc

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## Ingredients & Prep

240g	Chickpeas <i>drained &amp; rinsed</i>
40g	Golden Sultanas
60ml	Spice & All Things Nice Cape Malay Curry Paste
400g	Red Lentils <i>rinsed</i>
400g	Cooked Chopped Tomato
300g	Spinach <i>rinsed &amp; roughly shredded</i>
200g	Cucumber <i>rinsed &amp; grated</i>
400ml	Greek Yoghurt
10g	Fresh Coriander <i>rinsed, picked &amp; finely chopped</i>
20g	Pistachio Nuts
8	Rotis

## From Your Kitchen

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

**1. A PAN OF GOLDEN DELIGHT** Place a large pan over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until crispy and caramel in colour, 15-20 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. During the final 2 minutes, add the sultanas and a knob of butter (optional). Remove from the pan, cover, and set aside.

**2. GET YOUR DAHL STARTED** Place a pot over medium heat with a drizzle of oil. When hot, fry the curry paste (to taste) until fragrant, 1-2 minutes (shifting constantly). Add the rinsed lentils, the cooked chopped tomato, and 700ml of water. Stir until the curry paste is incorporated into the liquid and bring to a boil. Once boiling, reduce the heat and simmer until the lentils are cooked through and the sauce is thick, 12-15 minutes. Stir through the shredded spinach and cook until wilted, 4-5 minutes. Loosen with a splash of water if it's too thick.

**3. WHILE THE CURRY IS SIMMERING...** Using a clean cloth, squeeze out and discard the liquid from the grated cucumber. Combine the strained cucumber with  $\frac{1}{3}$  of the yoghurt and  $\frac{3}{4}$  of the chopped coriander. Season and set aside. Place the pistachios in a clean pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and roughly chop.

**4. ROTI O'CLOCK** Return the pan to medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

**5. ALMOST THERE!** Once the dahl is cooked and the spinach is wilted, remove from the heat and stir through the remaining yoghurt. Add a sweetener and season.

**6. TIME TO DEVOUR** Spoon the silky Cape Malay dahl into bowls and top with the chickpeas & sultanas. Garnish with the toasted pistachios and the remaining coriander. Serve with the raita and rotis on the side. Scoop up and enjoy!

## Nutritional Information

Per 100g

Energy	732kJ
Energy	175kcal
Protein	8.5g
Carbs	27g
of which sugars	4.6g
Fibre	4g
Fat	3.3g
of which saturated	0.8g
Sodium	345mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts, Soy

Cook  
within  
4 Days