



UCOOK

Cape Malay-style Dahl

with golden sultanas & bulgur wheat

Things Nice Cape Malay Curry Paste combine with spicy ginger, creamy coconut milk, earthy spinach & charred bell pepper. Dished up over a generous serving of bulgur wheat and garnished with sweet pops of golden sultanas and herbaceous coriander.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Samantha du Toit

Veggie

Stettyn Wines | Stettyn Family Range Pinotage 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

150ml	Bulgur Wheat
20g	Almonds
1	Bell Pepper <i>rinse, deseed & dice</i>
1	Onion <i>peel & roughly slice</i>
30ml	Spice & All Things Nice Cape Malay Curry Paste
20g	Fresh Ginger <i>peel & grate</i>
200ml	Dry Red Lentils
200g	Cooked Chopped Tomato
200ml	Coconut Milk
80g	Spinach <i>rinse</i>
30g	Golden Sultanas <i>roughly chop</i>
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BEGIN THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 300ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

2. ALL THE ALMONDS Place the almonds in a pot over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

3. CHARRED BELL PEPPER Return the pot to medium-high heat with a drizzle of oil. When hot, fry the diced peppers until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pot and set aside.

4. SILKY, SWEET ONIONS Return the pot to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally).

5. HURRY WITH THE CURRY To the pot of caramelised onion, add the curry paste (to taste) and the grated ginger. Fry until fragrant, 1-2 minutes (shifting constantly). Add the rinsed lentils, the cooked chopped tomato, the coconut milk, and 200ml of water. Stir until the curry paste is fully incorporated. Bring to a boil, reduce the heat, and simmer until the lentils are cooked through and the sauce has thickened, 10-12 minutes. Stir through the rinsed spinach and the charred peppers. Loosen with a splash of water if it's too thick. Remove from the heat.

6. DELICIOUS DAHL Bowl up the fluffy bulgur and top with the caramelised onion dahl. Scatter over the chopped sultanas, the toasted almonds, and the chopped coriander.

Nutritional Information

Per 100g

Energy	520kj
Energy	124kcal
Protein	5.3g
Carbs	20g
of which sugars	3.7g
Fibre	3.7g
Fat	2.7g
of which saturated	1.5g
Sodium	70mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat
Within
4 Days