



UCOOK

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.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

60g	Chickpeas <i>drained & rinsed</i>
10g	Golden Sultanas
15ml	Spice & All Things Nice Cape Malay Curry Paste
100g	Red Lentils <i>rinsed</i>
100g	Cooked Chopped Tomato
75g	Spinach <i>rinsed & roughly shredded</i>
50g	Cucumber <i>rinsed & grated</i>
100ml	Greek Yoghurt
3g	Fresh Coriander <i>rinsed, picked & finely chopped</i>
5g	Pistachio Nuts
2	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 pan over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until crispy and caramel in colour, 10-12 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 250ml 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, 10-12 minutes. Stir through the shredded spinach and cook until wilted, 2-3 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 a bowl 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