



UCOOK

Lentil Curry & Coriander Oil

with fluffy brown basmati rice

This bowl of comfort food is anything but boring. It's packed with spices and flavoured to perfection with creamy coconut milk, a turmeric curry rub, tofu, and homemade coriander oil. Guess who's eating in tonight!


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Delheim Wines | Delheim Heritage Edelspatz
Noble Late Harvest

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Ingredients & Prep

1	Onion <i>½ peeled & finely diced</i>
80g	Dry Brown Lentils <i>rinsed</i>
13,75ml	Turmeric Curry Rub <i>(12,5ml NOMU Indian Rub & 1,25ml Turmeric)</i>
1	Garlic Clove <i>peeled & grated</i>
15g	Fresh Ginger <i>peeled & grated</i>
100g	Tomato Passata
100ml	Coconut Milk
100ml	Brown Basmati Rice <i>rinsed</i>
5g	Fresh Coriander <i>rinsed</i>
110g	Non-GMO Tofu <i>drained, pat dry & cut into 1-2cm cubes</i>
20g	Spinach <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender
Paper Towel

1. START THE SAUCE Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion and lentils until the onions are soft, 4-5 minutes (shifting occasionally). Add the turmeric curry rub, 10ml of sweetener, and the grated garlic & ginger. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, the coconut milk, and 400ml of water. Simmer until the lentils are cooked through, 25-30 minutes.

2. FLUFFY BROWN RICE Place the rinsed rice in a pot with 300ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

3. FANCY CORIANDER OIL Boil the kettle. Fill a bowl with ice water. Fill a pot with boiling water, place over high heat, and bring back up to the boil. Once boiling, add the rinsed coriander and blanch for about 10 seconds. Dunk in the ice water briefly, then remove and roughly tear. Place in a blender with 50ml of olive oil. Blend until smooth and frothy. Strain through a sieve or tea towel and leave in the fridge until serving.

4. GOLDEN TOFU Place a pan over medium-high heat with a drizzle of oil. When hot, fry the tofu pieces until golden and crispy, 2-3 minutes per side. Remove from the pan, drain on paper towel, season, and set aside.

5. GET THOSE GREENS When the curry has 5 minutes remaining, stir through the rinsed spinach and tofu pieces. Season and remove from the heat.

6. CURRY UP AND EAT! Plate up the fluffy brown rice. Top with a hearty spoonful of the lentil curry, and drizzle over the homemade coriander oil. Dig in, Chef!

Nutritional Information

Per 100g

Energy	566kJ
Energy	135kcal
Protein	6g
Carbs	21g
of which sugars	2.4g
Fibre	4.2g
Fat	3.7g
of which saturated	2.2g
Sodium	120mg

Allergens

Allium, Sulphites, Soy

Cook
within
4 Days