



# UCCOOK

## Cape Malay-style Dahl

with golden sultanas & bulgur wheat

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 1 & 2

**Chef:** Samantha du Toit

**Wine Pairing:** Waterkloof | Seriously Cool Chenin blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 644kJ    | 4341kJ      |
| Energy             | 154kcal  | 1039kcal    |
| Protein            | 6.7g     | 45g         |
| Carbs              | 24g      | 165g        |
| of which sugars    | 4g       | 26.9g       |
| Fibre              | 4.4g     | 29.5g       |
| Fat                | 3.4g     | 23.2g       |
| of which saturated | 1.9g     | 12.6g       |
| Sodium             | 89mg     | 601mg       |

**Allergens:** Gluten, Allium, Wheat, Sulphites, Tree Nuts

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                           |
|----------|------------|-----------------------------------------------------------|
| 75ml     | 150ml      | Bulgur Wheat                                              |
| 10g      | 20g        | Almonds                                                   |
| 65g      | 125g       | Button Mushrooms<br><i>wipe clean &amp; roughly slice</i> |
| 1        | 1          | Onion<br><i>peel &amp; roughly slice ½ [1]</i>            |
| 15ml     | 30ml       | Spice & All Things Nice<br>Cape Malay Curry Paste         |
| 10g      | 20g        | Fresh Ginger<br><i>peel &amp; grate</i>                   |
| 100ml    | 200ml      | Dried Red Lentils<br><i>rinse</i>                         |
| 100g     | 200g       | Cooked Chopped Tomato                                     |
| 100ml    | 200ml      | Coconut Milk                                              |
| 40g      | 80g        | Spinach<br><i>rinse</i>                                   |
| 15g      | 30g        | Golden Sultanas<br><i>roughly chop</i>                    |
| 3g       | 5g         | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i>  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Seasoning (salt & pepper)  
Paper Towel

**1. BEGIN THE BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 150ml [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. GOLDEN MUSHROOMS** Return the pot to medium-high heat with a drizzle of oil. Fry the mushrooms until soft and golden, 5-6 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. Fry the 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 ginger. Fry until fragrant, 1-2 minutes (shifting constantly). Add the lentils, the cooked chopped tomato, the coconut milk, and 100ml [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 spinach and the mushrooms. 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 sultanas, the almonds and the coriander.