



Creamy cauliflower and baby spinach dahl

with mango chutney and pappadums



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot



Pantry items needed: vegetable oil



Hands-on: 20-25 minutes
Ready in: 30-35 minutes



Serves: 2 or 4

This hearty and comforting dahl is so easy to make and packed with fibre and protein. We've added cauliflower, potato and baby spinach and it comes with crunchy pappadums (optional) and sweet mango chutney.

NO ADDED GLUTEN | HIGH PROTEIN | Great for leftovers*

** Optional pappadum contains wheat, gluten*

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Brown onion	100g	200g
Garlic	8g	16g
Ginger	20g	40g
Potato	300g	600g
Cauliflower	200g	400g
Red lentils	1 packet	1 packet
Coriander	15g	30g
Vegetable oil*	1 tbsp	2 tbsp
Dahl spice mix	1 packet	1 packet
Diced tomatoes	1 can	2 cans
Water*	2 cups	4 cups
Vegetable stock cube	1	2
Coconut milk	1 carton	1 can
Baby spinach	50g	100g
Pappadums	1 packet	1 packet
Mango chutney	1 tub	1 tub

* Pantry items

Allergens and ingredients

Allergens: pappadum (optional) contains wheat, gluten.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

Dice **onion**. Mince **garlic**. Finely grate **ginger**. Dice **potato** (unpeeled) into 1cm cubes. Roughly chop **cauliflower** into 2cm pieces. Rinse **lentils** in a sieve until the water runs clear. Roughly chop **coriander**, separating stems and leaves.

2. Cook dahl

In a large pot over medium heat, add **vegetable oil***, **onion**, **garlic** and **ginger** and sauté, stirring often, until golden brown, about **5 minutes**. Add **dahl spice mix** and cook, stirring, for **30 seconds**. Add **potato**, **cauliflower**, **lentils**, **diced tomatoes**, **water***, **stock cube/s** and allow to simmer, covered, for **20 minutes**, stirring every **5 minutes**. Add **coconut milk** and **coriander stems** and cook, covered, for **10 minutes**. Remove from the heat, fold through **baby spinach** and allow to wilt for **1 minute**.

3. Cook pappadums

Place **pappadums** onto microwave plate, spaced 2cm apart. Cook for **30 seconds** and repeat until all **pappadums** are cooked (see tip).

4. Serve

Serve **creamy cauliflower and baby spinach dahl** in deep bowls. Top with **coriander leaves**, a dollop of **mango chutney** and **pappadums** on the side.

Cooking tip

If you do not have a microwave, add 2 tbsp vegetable oil to a large frying pan over high heat. When hot, add pappadums and press down using a spatula. Flip pappadum and remove from the heat as soon as it has puffed up fully.

Eat your way
to healthy!



Lentils are a great source of protein and fibre, and an excellent source of B vitamins, iron, magnesium, potassium and zinc.

Lentils have been linked to various health benefits, including improved gut health, blood-pressure management, and lower risk of heart disease and type 2 diabetes.

Nutritional information*

	Per 875g serve	Per 100g
Energy	3203kJ (766Cal)	366kJ (88Cal)
Protein	32.5g	3.7g
Fat, total	26.9g	3.1g
- Saturated	18.3g	2.1g
Carbohydrate	85g	10g
- Sugars	33g	4g
Sodium	681mg	78mg

* Nutritional information is based on averages