



Coconut lime lentils

with spinach and coriander rice



Make this dish within 5 days of receiving your meal kit



Cooking equipment: medium pot x 2



Pantry items needed: salt, sriracha (optional)



Hands-on: 20-25 minutes
Ready in: 40-45 minutes



Serves: 2 or 4

This dish brings a Southeast Asian touch on a traditional dahl. Rather than traditional chillies, it uses jalapeno, but it can be omitted for an equally delicious, family-friendly version. Heartwarming, satisfying, full of protein and oil free!.

NO ADDED GLUTEN | HIGH PROTEIN | Freezer friendly, Great for leftovers, Spicy (mild)

Before you start

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

Ingredients

	2 serves	4 serves
Ginger	20g	40g
Brown onion	90g	180g
Carrot	180g	360g
Jalapeno	20g	40g
Lime	80g	160g
Red lentils	1 packet	1 packet
Coconut milk	1 can (half)	1 can
Salt*	¾ tsp	1½ tsp
Water for lentils*	1 cup	2 cups
Jasmine rice	1 packet	1 packet
Water for rice*	1 cup + 2 tbsp	2¼ cup
Baby spinach	50g	100g
Coriander	15g	30g
Sriracha (optional)*	to taste	to taste

* Pantry items

Allergens and ingredients

May contain traces of allergens.

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

Instructions

1. Prepare vegetables

Finely grate **ginger** (or finely chop). Finely dice **onion**. Dice unpeeled **carrot** into roughly 2.5cm cubes. Deseed and slice **jalapeno** lengthways and then chop finely (tip 1). Juice **lime**.

2. Cook lentils

In fine sieve, rinse **red lentils** under cold running water until the water runs clear. In a medium pot over medium heat, add a splash of water. Add **ginger, jalapeno, carrot** and **onion** and sauté until fragrant and softened, about **10 minutes** (tip 2). Stir in about **half the lime juice, coconut milk (½ for 2 serves and 1 for 4 serves), red lentils, salt*** and **water for lentils***. Bring to a boil, reduce the heat to a simmer and cook, covered, for **20-25 minutes**, or until the lentils have become plump and soft and the carrot is cooked.

3. Cook rice

Rinse **jasmine rice** through a sieve until the water runs clear. In a medium pot, add **jasmine rice** and **water for rice*** and bring to a boil. Reduce to a simmer and cook, covered, until the water has absorbed and rice is tender, about **12 minutes**.

4. Chop greens

Roughly chop **baby spinach**. When the **rice** is cooked, turn off the heat and add **baby spinach** on top, allowing it to steam lightly. Keep the pot covered until ready to serve. Roughly chop **coriander** tops.

5. Serve

Stir wilted **spinach** and **half the coriander** through the **rice** and then serve into bowls. Top with **coconut lime lentils**, remaining **coriander**, remaining **lime juice** and **sriracha (optional)***.

Cooking tips

1. For a spicier version, add in about half of the seeds and pith. Note that jalapenos can vary in heat.
2. Add water incrementally as needed whilst stirring. The carrots will soak it up when simmering.

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 700g serve	Per 100g
Energy	3078kJ (736Cal)	440kJ (105Cal)
Protein	27.5g	3.9g
Fat, total	20.3g	2.9g
- Saturated	17.3g	2.5g
Carbohydrate	101.0g	14.0g
- Sugars	10.0g	1.0g
Sodium	829mg	118mg

* Nutritional information is based on averages