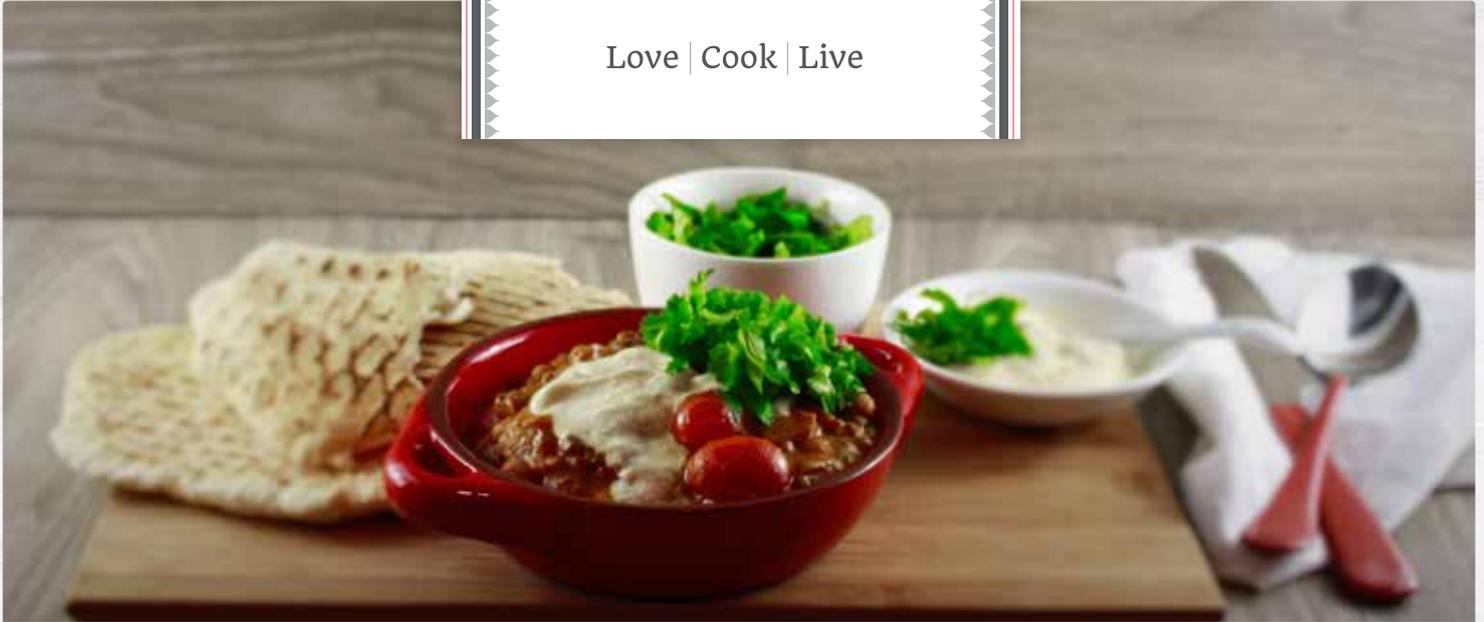




Love | Cook | Live



Vegetarian Dhal

with mango yogurt and flat bread

Fragrant and mild, chickpea and lentil curry, topped with sweet, spiced mango yogurt and served with home made (by you) flat bread. You wont believe how simple it is to make this dish from scratch, with a little Prep'd help.

| Prep'd and packed for you |
|--|
| brown onion |
| grated ginger |
| brown sugar |
| Korma curry paste |
| Prep'd dahl spice mix |
| canned diced tomatoes |
| fresh cherry tomatoes |
| coconut milk |
| Brown lentils |
| chickpeas |
| Natural yogurt with spiced mango chutney |
| fresh coriander |
| Self raising flour |
| natural greek yogurt |

| Prep and cook time | 40 mins |
|--------------------|---------|
| Calories per serve | 620 |

What you will need from your kitchen

- large frypan
- 2nd frypan/griddle
- strainer
- large mixing bowl

Did you know?

legumes are naturally low fat, high protein and a good source of fiber, B vitamins, iron, potassium and calcium. They are also low glycemic index (GI) so you'll feel full (and full of energy) longer, avoiding the post dinner munchies. An often over looked super food, cooked in this fragrant curry they are delicious too!

Recipe #19



Prep

Dice onion

Roughly chop coriander

Drain and rinse lentils and chickpeas and set aside together

Cook

- 1 Combine the yogurt and 90% of the flour and knead the dough, in a large mixing bowl, with clean hands until combined and the dough comes together into a slightly sticky ball. Sprinkle half the reserved flour onto the dough as you are kneading if it is sticking to your hands. Set dough aside.**
- 2 Heat 1 tablespoon olive oil in a large pan over med-high heat. Cook onion, ginger and brown sugar, stirring, until onion is soft, approx 2-3 mins. Reduce heat to medium, add the curry paste and spice mix and stir through 1-2 mins, until fragrant and onions are coated.**
- 3 Add chopped and fresh tomatoes, drained lentils and chickpeas, coconut milk and water (*1 cup for family serve or 1/2 cup water for couple serve*). Bring to a boil and then reduce to a simmer. Simmer on med/low, uncovered, for 10-15 minutes or until curry has thickened slightly.**
- 4 Heat 2nd frypan or griddle to med-high heat.**
While curry is simmering, divide dough into 4 portions. Roll out each portion on a well floured surface with a well floured rolling tin (using remaining flour), into a disk approximately .5cm thick. Cook each flat bread 2-3 minutes each side, until cooked through and lightly charred. You can divide the dough further and make smaller flat breads if you prefer, but this will increase prep and cooking time.
- 5 Set flat breads aside under a teatowel or tin foil to keep warm.**
- 6 Remove Dahl from the heat when flat breads are cooked and you are ready to serve.**

Serve

Spoon the Dahl into individual bowls and top with a dollop of mango yogurt and sprinkle of coriander. Serve the flat breads on the side for dipping. Place additional yogurt and coriander on the table to be added as per individual taste.

For the kids

This curry is mild enough for most kids. Our kids love it with a good dollop of sweet mango yogurt stirred through. The torn up dipping breads are perfect for little hands to scoop up the Dahl.

Using a Thermomix..

* place peeled/halved onion into Thermomix bowl and chop 4-5 seconds / speed 4-5 until roughly chopped.