

DINNERLY



Tandoori Lentils with Yogurt and Garlicky Pita

 ca. 20min  4 Servings

A warming bowl of stewed, curried lentils is but a few moments away with this quick and healthy dish! Packed with tandoori spice and slightly sweetened with the addition of carrots, the lentils are served with a seasoned yogurt sauce and plenty of charred, garlicky pita wedges for dipping. We've got you covered!

WHAT WE SEND

- garlic
- Greek yogurt ⁷
- carrots
- red lentils
- tandoori spice blend
- pocketless pitas ^{1,6,11}

WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- olive oil

TOOLS

- pot
- rimmed baking sheet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

NUTRITION PER SERVING

Calories 610kcal, Fat 15g, Carbs 86g,
Proteins 32g



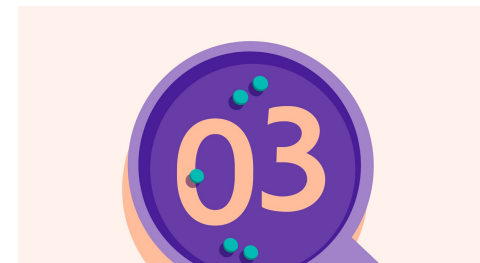
1. Prep ingredients

Preheat broiler with top rack 4–6 inches from heat source. Peel and thinly slice **carrots**. Peel **3 large cloves garlic**; finely chop 2 cloves. Halve the 3rd clove and reserve for step 5.



2. Sauté aromatics

In a large saucepan, heat **2 tablespoons oil** over medium. Add **1 tablespoon of tandoori spice**. Cook until fragrant, about 30 seconds. Add **carrots, chopped garlic, 1 teaspoon salt, and a few grinds pepper**. Cover and cook until barely tender, 3–4 minutes.



3. Cook lentils

Add **lentils** and **4 cups water**. Bring to a boil, then partially cover and reduce to a simmer. Cook until lentils are softened and stew has thickened, about 10 minutes. Remove from heat. Season to taste with **salt and pepper**.



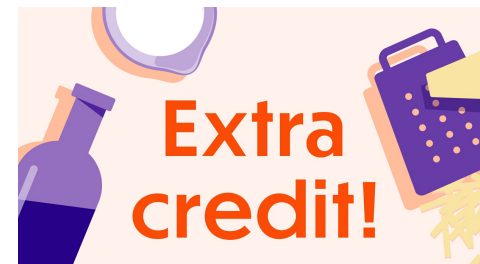
4. Season yogurt

Meanwhile, in a medium bowl, whisk **yogurt** with **¼ cup water** and **2 tablespoons oil**. Season with **½ teaspoon each salt and pepper**.



5. Broil pita & serve

Brush both sides of **each pita** with **oil**; season with **salt and pepper**. Broil on a baking sheet until golden brown, flipping once halfway through, about 3 minutes total. Rub **each toasted pita** with cut-sides of reserved garlic clove. Cut each pita into 8 wedges. Serve **lentils** in bowls, drizzled with **olive oil**. Serve with **dollop of yogurt** and **pita wedges**. Enjoy!



6. Add your flair

Quickly turn this seasoned yogurt sauce into a raita-like sauce by grating seedless cucumbers into the yogurt in step 4. If you have any cilantro on hand, chop it up and sprinkle it on top of the lentils just before serving.