



Spinach Masala Lentils with Bombay Potatoes and Yoghurt



30-40min



4 Portions

Indian dhals often combine creamy lentils and potatoes, but we've prepared each one separately for more flavour on the plate. Here, an aromatic blend of garam masala, chilli and coriander provides a vibrant base for soft lentils, while potatoes cooked with turmeric and garlic come together in a much-loved side.

What we send

- potato
- lentils
- garam masala ¹⁷
- onion
- diced tomatoes
- tumeric powder
- baby spinach leaves
- Greek-style yoghurt ⁷
- coriander
- chilli, garlic

What you'll require

- olive oil
- sea salt and pepper
- sugar
- water

Utensils

- large deep frypan or saucepan with lid
- large frypan
- large saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Add the chilli to the masala lentils to suit your heat preference, then serve the remainder at the table to scatter over for those who like things a little spicy.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 680kcal, Fat 22.3g, Carbs 77.9g, Proteins 30.1g



1. Chop vegetables

Peel and cut the **potatoes** into 1.5cm chunks. Thinly slice the **onions**. Put the potatoes in a medium saucepan of cold salted water. Bring to the boil, then reduce heat to medium and cook for 8 mins or until almost tender. Drain.



4. Cook onion

Meanwhile, heat **2 tbs olive oil** in a large frypan over medium-high heat. Cook the **remaining onion**, stirring, for 5 mins or until the onion is brown around the edges.



2. Prepare ingredients

Meanwhile, pick the **coriander** sprigs and finely chop the stems. Thinly slice the **chillies** into rounds, discarding the seeds if less heat is desired (see cooking tip). Crush or finely chop the **garlic**. Drain and rinse the **lentils**.



5. Finish Bombay potatoes

Add **1 tsp turmeric** (the remaining turmeric won't be used in this dish), **any remaining garam masala, garlic** and **potatoes** to the onion, and season with **salt and pepper**. Cook, stirring, for 30 secs or until fragrant. Stir in **80ml (1/3 cup) water** and cook, stirring occasionally, for 8-10 mins until the water evaporates.



3. Start masala lentils

Heat **2 tbs olive oil** in a large deep frypan over medium heat. Cook **half the onion** and **half the chilli**, stirring, for 3 mins or until soft. Add **1 tbs garam masala** and cook for 30 secs or until fragrant. Add **tomatoes, coriander stems, 1 tsp sugar** and **125ml (1/2 cup) water**. Bring to the boil, then reduce the heat to medium and cook for 10-12 mins until thickened.



6. Get ready to serve

Stir the **lentils** and **spinach** into the tomato mixture. Cook, covered, for 1-2 mins until the spinach is wilted. Season with **salt and pepper**. Divide the **masala lentils** and **Bombay potatoes** among bowls and scatter over the **coriander sprigs** and **remaining chilli**. Serve with the **yoghurt**.