



Autumn Dhal

with Toasted Naan

 20min  4 Portions

Usher in the new season with a nourishing meal of Indian dhal. Here, garlic, ginger and garam masala spices lend a wonderfully fragrant backbone, while fibre-rich broccoli and spinach are popped in at the last minute for freshness. Simply drizzle over creamy yoghurt to serve and you have yourself the ultimate autumn warmer.

What we send

- garam masala ¹⁷
- Massel vegetable stock cube
- baby spinach leaves
- plain naan ^{1,3,6,7}
- broccoli
- garlic, ginger
- tomato paste sachet
- Greek yoghurt ⁷
- brown onion
- lentils

What you'll require

- boiling water
- butter ⁷
- sea salt and pepper

Utensils

- medium frypan
- sieve

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

Allergens

Gluten (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

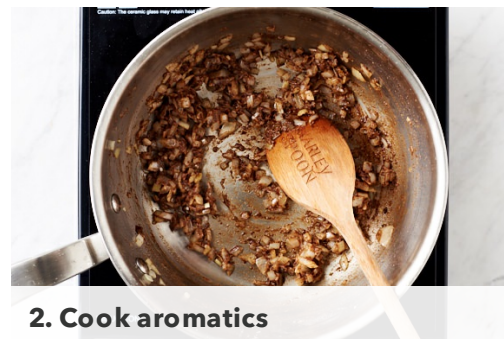
Nutrition per serving

Energy 630kcal, Fat 10.1g, Carbs 96.2g, Proteins 30.7g



1. Prepare ingredients

Peel and finely grate the **garlic** and **ginger**. Finely chop the **onions**. Trim and cut the **broccoli** into small florets. Drain and rinse the **lentils**.



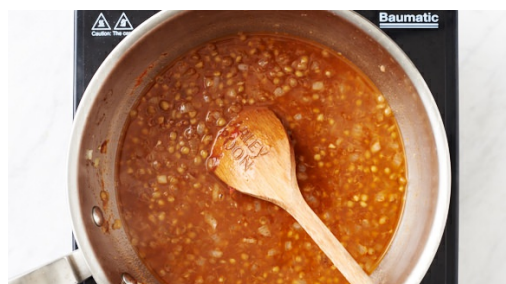
2. Cook aromatics

Heat **30g butter** in a large saucepan over medium heat. Cook the **onion**, stirring, for 3 mins or until softened. Add the **garlic, ginger** and **1 tbs garam masala** and cook, stirring, for 2 mins or until fragrant.



3. Make stock

Meanwhile, crumble the **stock cubes** into a heatproof jug, (reserve the remaining for another use), add **600ml boiling water** and stir until dissolved.



4. Cook lentils

Add the **lentils, stock** and **tomato paste** to the onion mixture and bring to the boil. Reduce the heat to low, cover with a lid and cook, stirring occasionally, for 15 mins or until the lentils are very soft. Stir in the **broccoli** and cook, covered, for 2-3 mins until the broccoli is almost tender.



5. Toast naan

Meanwhile, heat a medium frypan over medium heat. Toast the **naan**, one at a time, for 1 min each side or until lightly golden.



6. Get ready to serve

Scatter the **spinach** over the dhal and cook, covered, for a further 1-2 mins until the spinach wilts and the vegetables are tender. Stir to combine, then divide the **dhal** and **naan** among plates and serve with the **yoghurt**.