

# DINNERLY



 HEALTHY

## Coconut Dhal with Crispy Kale and Lentils



20-30 minutes



2 Servings

With creamy coconut milk, soft lentils and sweet carrot, this moreish and healthy dhal topped with crispy kale will have you reaching for another bowl.

## WHAT WE SEND

- 400g lentils
- 10g chaat masala spice blend <sup>17</sup>
- 200ml coconut milk
- 200g green beans
- 1 carrot
- 200g kale

## WHAT YOU NEED

- salt and pepper
- vegetable oil
- water

## TOOLS

- large frypan
- medium saucepan
- sieve

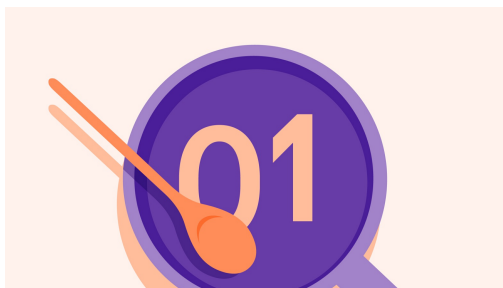
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 555kcal, Fat 22.7g, Carbs 51.7g, Proteins 26.0g



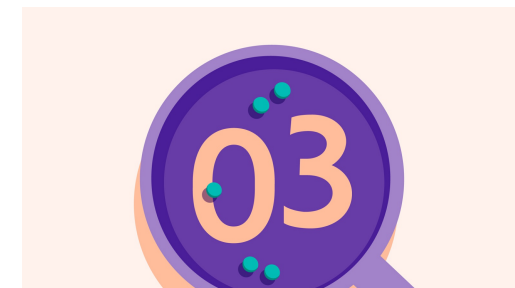
### 1. Prep veggies

Peel the **carrot**, quarter lengthwise and cut into 1cm chunks. Trim the **beans** and cut into 3cm lengths. Remove the centre stem from the **kale** and coarsely chop the leaves. Drain and rinse the **lentils**.



### 2. Cook spices and carrot

Heat **2 tsp vegetable oil** in a medium saucepan over medium heat. Cook **2 tsp chaat masala**, stirring, for 1 min or until fragrant. Add the **carrot** and **125ml (½ cup) water** and cook for 5 mins or until the carrot is starting to soften.



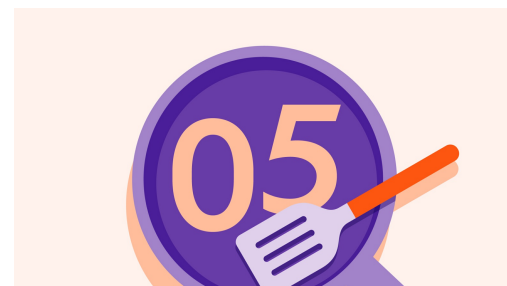
### 3. Add lentils

Add the **lentils** to the carrot mixture, bring to the boil, then reduce the heat to medium-low and cook, stirring occasionally, for 2-3 mins until the lentils are soft and creamy.



### 4. Simmer dhal

Stir in the the **coconut milk** and **beans** and cook for 6-8 mins until the liquid is slightly reduced and beans are just tender. Remove from the heat and season with **salt and pepper**.



### 5. Cook kale and serve

While the dhal is cooking, heat **2 tsp vegetable oil** in a large frypan, add **2 tsp chaat masala**, then stir-fry the **kale** for 3-5 mins until wilted and crispy in parts. Season well with **salt**. Divide the **coconut dhal** among bowls and top with the **kale** to serve.



### 6. Make it yours

Drizzle over yoghurt for extra creamy flourish or scatter over toasted almonds for crunch.