

DINNERLY



 HEALTHY

Coconut Dhal with Crispy Kale and Lentils



20-30 minutes



4 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

- 400ml coconut milk
- 2 carrots
- 20g chaat masala spice blend ¹⁷
- 400g green beans
- 400g kale
- 2x 400g lentils

WHAT YOU NEED

- salt and pepper
- vegetable oil
- water

TOOLS

- large frypan
- large saucepan
- sieve

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

ALLERGENS

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

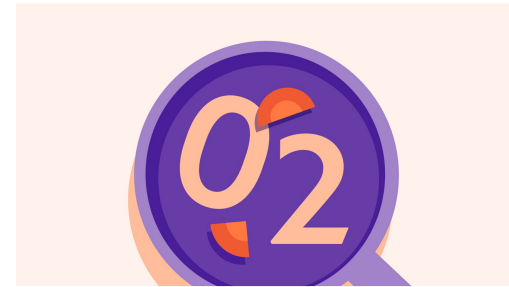
NUTRITION PER SERVING

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



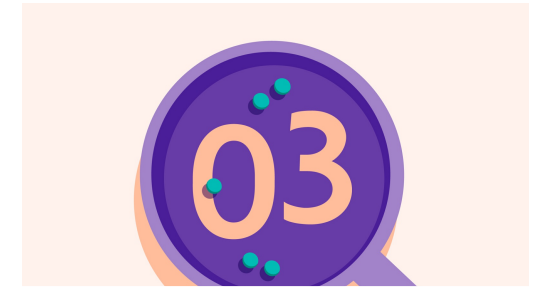
1. Prep veggies

Peel the **carrots**, 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 **1 tbs vegetable oil** in a large saucepan over medium heat. Cook **1 tbs chaat masala**, stirring, for 1 min or until fragrant. Add the **carrot** and **250ml (1 cup) water** and cook for 5 mins or until the carrot is starting to soften.



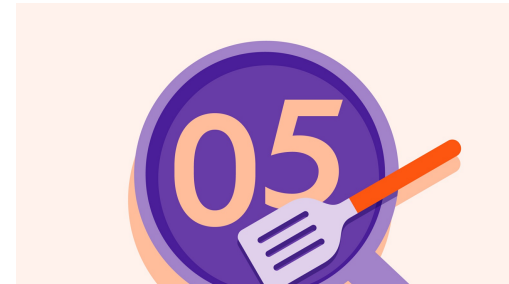
3. Add lentils

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 **1 tbs vegetable oil** in a large frypan, add **1 tbs 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.