

DINNERLY

Malaysian Coconut Dahl with Broccoli



20-30 minutes



2 Servings

WHAT WE SEND

- 5g Malaysian curry powder
- 1 head broccoli
- 400g can lentils
- 30g pepitas
- 1 capsicum
- 200ml coconut milk

WHAT YOU NEED

- chilli flakes
- garlic clove
- sugar
- vegetable oil

TOOLS

- large frypan
- sieve

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

ALLERGENS

May contain traces of allergenic ingredients.

NUTRITION PER SERVING

Energy 599kcal, Fat 34.7g, Carbs 36.4g, Proteins 28.0g



1. Prep ingredients

Crush or finely chop 1 **garlic clove**. Thinly slice the **capsicum**, discarding the seeds and membrane. Drain and rinse the **lentils**. Trim the base of the **broccoli** stem, then cut into long, thin florets, including the stem.



2. Toast seeds

Put the **pepitas** in a cold large frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Remove from the pan, reserving the pan.



3. Cook veggies and spices

Heat 1 **tbs vegetable oil** in the reserved pan over medium heat. Stir-fry 2 **tsp Malaysian curry powder**, 1/2 **tsp chilli flakes** (optional), **garlic** and **capsicum**, seasoned with **salt and pepper**, for 5 mins or until softened and golden.



4. Simmer dahl

Add the **lentils**, **coconut milk**, 125ml (1/2 cup) **water** and 1/2 **tsp sugar** to the pan, bring to a simmer, then reduce the heat to low. Cover and cook for 15 mins or until the lentils have broken down a little. Add the **broccoli**, cover and cook for 2-3 mins until tender. Season with **salt and pepper**.



5. Serve it up

Divide the **dahl** among bowls, scatter with the **pepitas** and enjoy!



6. Make it yours

For a heartier meal serve with sweet potato mash. Add lemon wedges for a burst of freshness.