



Red Lentil and Potato Dal

with Toasted Naan



30-40min



2 Servings

Dal is a traditional Indian dish, a thick stew typically made from lentils or beans. In this recipe, red lentils are cooked down with potatoes, sauteed onion, garlic and ginger, and a beautifully fragrant spice blend is toasted in oil before added to the dal mixture. Finished with cilantro, and a squeeze of lime, all you need is warm naan for dipping! Cook, relax, and enjoy!

What we send

- red lentils
- lime
- Yukon gold potatoes
- medium yellow onion
- large cloves garlic
- fresh ginger
- fresh cilantro
- dal spice blend

What you need

- coarse salt
- freshly ground black pepper

Tools

- medium saucepan
- small skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 735.0kcal, Fat 10.7g, Proteins 30.4g, Carbs 119.8g



1. Prep ingredients

Cut potatoes into 1-inch pieces. Halve, peel, and finely chop onion. Peel and finely chop garlic and ginger.



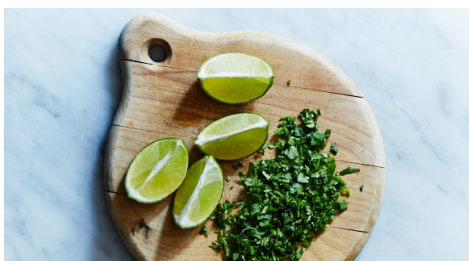
2. Cook aromatics

Heat 1 tablespoon oil in a medium saucepan over medium-high. Add onion, garlic, and ginger and season with ½ teaspoon salt. Cook, stirring often, until onions are soft and translucent, about 5 minutes.



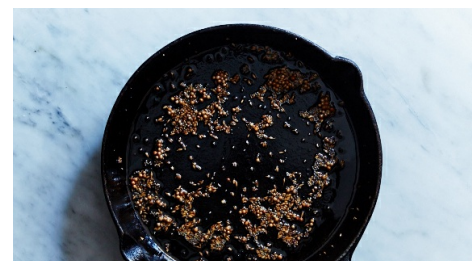
3. Cook lentils

Add lentils, potatoes, 2 cups water, and ½ teaspoon salt. Bring to a boil and reduce heat to a simmer. Simmer, partially covered, until lentils and potatoes are tender, 8-10 minutes.



4. Chop cilantro

Preheat broiler with a rack 6 inches from heat source. Finely chop cilantro leaves and stems. Cut lime into wedges.



5. Temper spices

Heat 1 tablespoon oil in a small skillet over medium-high. Add dal spice blend and cook, stirring, until starting to pop, about 30 seconds. Immediately pour seed oil into dal, scraping up any seeds left behind in the skillet, and stir to combine.



6. Warm naan

Brush naan with a little oil and broil, directly on rack, until just warmed through, 1-2 minutes (watch closely as broilers vary in intensity). Serve dal topped with cilantro, with lime wedges on the side for squeezing over, and with naan for dipping. Enjoy!