



Red Lentil and Spinach Dhal

with Warm Naan



30-40min



4 Portions

Low in calories, high in protein and fibre, a great source of vitamins, and completely comforting, it's no wonder that this Indian staple is a much-loved favourite around the world. There are countless variations, but here, we use canned red lentils to speed up the cooking time, and add spinach and peas for a boost of greens.

What we send

- 2 green chilli, 2 shallots, 3 garlic cloves, ginger and coriander
- green peas
- vegetable stock cubes
- red lentils
- naan bread ¹
- baby spinach leaves
- turmeric
- cumin seeds
- medium spice chilli powder

What you'll require

- butter ⁷
- sea salt flakes
- water

Utensils

- large frypan
- large saucepan
- sieve

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

Cooking tip

For a milder dhal, use only ½ tsp ground chilli.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 600.0kcal, Fat 14.5g, Proteins 25.2g, Carbs 84.0g



1. Prepare aromatics

Thinly slice the **green chillies**, removing the seeds for less heat, if desired. Finely grate the **shallots** and **ginger**. Crush or finely chop the **garlic**. Finely chop the **coriander**, including the stems.



2. Prepare ingredients

Drain and rinse the **lentils** in a sieve. Combine **1 tsp ground chilli** (see cooking tip), **2 tsp cumin seeds** and **2 tsp ground turmeric** in a small bowl. Crumble the **stock cubes** in a heatproof jug, add the **boiling water** (see staples list) and stir to combine.



3. Cook aromatics

Melt the **butter** in a large saucepan over medium heat. Add the spice mixture, **half the green chilli**, the **shallot**, **ginger** and the **garlic**. Cook, stirring, for 3-5 mins until softened and fragrant.



4. Cook lentils

Add the **lentils** and **stock**. Bring to the boil, then reduce heat to low and cover with a lid. Simmer, stirring occasionally, for 15 mins or until the lentils are very soft.



5. Toast naan

5 mins before lentils are ready, toast **naan** in batches for 1 min each side or until golden. Remove from pan and keep warm.



6. Get ready to serve

Meanwhile, using a stick blender, carefully pulse dhal a few times to incorporate some of the lentils into the liquid. Stir in the **peas** and **baby spinach**, and cook for a further 1-2 mins until spinach has wilted. Stir in the **coriander** and season with **salt**. Divide among bowls and scatter over the **remaining green chilli**. Serve with the naan.