

DINNERLY



Balanced Sweet Potato Dhal with Baby Broccoli and Toasted Cashews



30 minutes



2 Servings

Our 'balanced' recipes are just that – high in nutritive value (that's fibre-rich veggies, lean proteins and wholegrains, just between us), so these dishes are good for you in every which way! They're perfect for anyone looking to minimise their intake of refined foods without sacrificing on taste.

WHAT WE SEND

- 1 small sweet potato
- 1 bunch baby broccoli
- coriander
- 2 garlic cloves
- 100g red split lentils
- 50g tomato paste
- 10g masala seasoning²
- 200ml coconut milk
- 40g roasted cashews¹

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1½ tbs vegetable oil
- 1½ tbs tomato sauce

TOOLS

- medium saucepan with lid
- small frypan

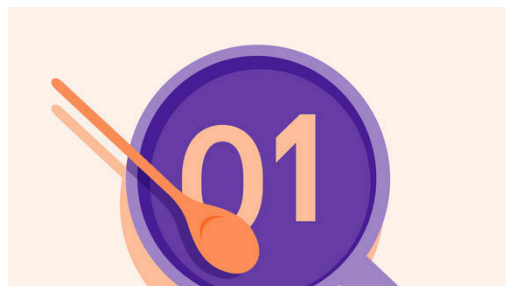
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Cashew (1), Sulphites (2). May contain traces of other allergens.

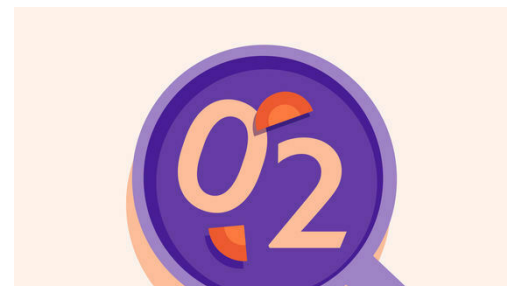
NUTRITION PER SERVING

Energy 750kcal, Fat 43.7g, Carbs 58.9g, Protein 24.3g



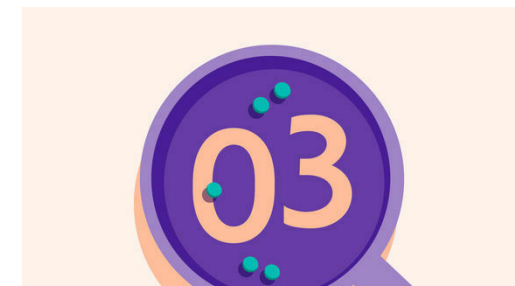
1. Prep ingredients

Peel the **sweet potato** and cut into 1cm chunks. Cut off the **baby broccoli** florets, then cut the stems into 1cm chunks. Pick the **coriander** leaves and finely chop the stems, keeping them separate. Crush or finely chop **2 garlic cloves**.



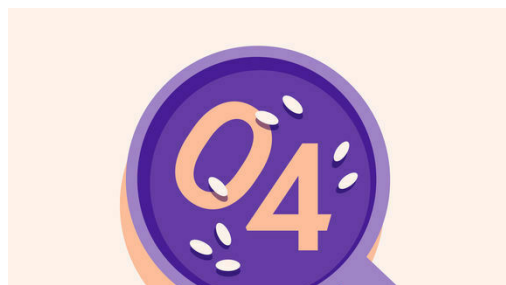
2. Soften sweet potato

Heat **1½ tbs vegetable oil** in a medium saucepan over medium heat. Add the **sweet potato** and cook, stirring, for 5 mins or until softened. Add the **garlic** and cook, stirring, for 1 min or until fragrant. Add the **chopped coriander stems, lentils, half the tomato paste*** and **3 tsp masala seasoning**. Cook, stirring, for 1 min or until fragrant.



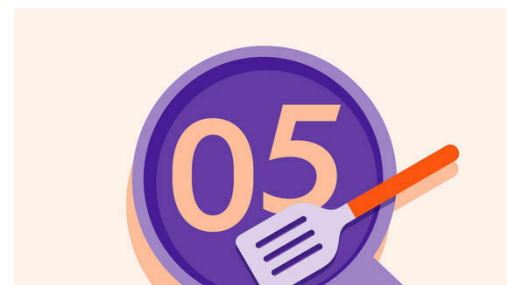
3. Simmer dhal

Add **400ml water** and **150ml coconut milk** to the lentil mixture and bring to the boil. Reduce the heat to medium and cook, covered, stirring occasionally, for 15-18 mins until the lentils are tender and the sauce is slightly reduced.



4. Toast cashews

Meanwhile, put the **cashews** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Combine the **remaining coconut milk** and **remaining masala seasoning** in a bowl.



5. Serve up

Add the **baby broccoli** to the dhal, stir to combine and cook, uncovered, for 3 mins or until just tender. Remove the pan from the heat. Stir in **1½ tbs tomato sauce**. Taste, then season with **salt and pepper**. Divide the **dhal** among bowls. Scatter over the **cashews** and **coriander leaves**. Drizzle with the **coconut dressing** and enjoy!



6. Did you know?

When cooking lentils, it's best not to add salt to the water as it prevents them from softening. Wait until they are cooked before you season them.