



Red Lentil Dahl with Roasted Vegetables

Our red lentil dahl is smooth, warming, and packed full of protein, fibre, and vitamins. Red Lentils are made up of over 25% protein, and contain B-vitamins, zinc, and potassium. This makes them a great vegetarian alternative to meat! Paired with all the extra veggies and spices, this dahl is a super dinner!

Ingredients

- Red onion
- Bell pepper
- Courgette
- Garlic
- Ginger
- Red lentils
- Vegetable stock cube
- Fresh coriander
- Spice mix
- Rice

Your Pantry

- Olive oil

Nutritional Info

Calories: 610 kcal
 Carbohydrates: 116g
 Protein: 29g
 Fat: 3.3g

Allergens

Celery (Stock cube)
Stock Cubes may contain traces of Egg, Celery, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Preheat the oven to 180C fan**

2) **Boil the kettle**

Make the stock to 220ml per person

3) **Prepare the vegetables**

Peel and crush the garlic. Finely grate 1/2-1 teaspoon of ginger per person. Finely chop the coriander (place a little aside for garnish). Peel the red onion. Cut it in half and dice one half finely. Cut the other half of the onion into small segments.

Remove the core from the pepper and cut it into rough chunks. Slice the courgette into 2-3 cm slices. Place the pepper, courgette and onion segments onto a lined baking sheet. Drizzle a little oil over and season with salt and pepper. Place in the oven for 15-20 minutes or until the vegetables are cooked through.

4) **Make the dahl**

Place a saucepan with a drizzle of oil on medium heat. Add the remaining onions and cook for 3-4 minutes until soft. Add the grated ginger and the garlic. Cook for 1-2 minutes before adding the spice mix. Cook for a further 1 minute. Pour in the red lentils and the stock and bring to a simmer. Leave to cook for 15-20 minutes or until the dahl is thick and the lentils are cooked through. Stir through the fresh coriander. Meanwhile....

5) **Cook the rice**

Rinse the rice in a sieve, then add it to a separate saucepan of boiling water. Cook for 10-12 minutes or until cooked to your liking.

6) **Plate the dish**

Serve the dahl on a bed of rice and top with the roasted vegetables. Garnish with any leftover coriander leaves.



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