



Dahl Makani

Discover the rich and comforting flavors of our Dahl Makani, a hearty and nutritious delight that's both delicious and wholesome. This dish is a celebration of Indian cuisine, combining tender lentils, aromatic spices, and creamy coconut for a truly delightful experience. Packed with plant-based protein and fiber, it's as nutritious as it is satisfying.

Nutritional Info

Calories: 727 kcal
Carbohydrates: 104.5 g
Protein: 24 g
Fat: 20 g

Ingredients

- Roasted Peppers
- Fresh Coriander
- Coconut Cream
- Chopped Tomato
- Beluga Lentils
- Shallot
- Vegetable stock cube
- Basmati Rice
- Ginger
- Spice Mix
 - Garam Masala
 - Cumin

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

Celery (Stock cube - may also contain traces of Egg, 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) Prepare the Vegetables

Peel and finely chop the shallot and garlic. Grate half a teaspoon of ginger per person. Rinse the lentils under cold water. Roughly chop the roasted peppers. Make the stock up to 500ml of boiling water per cube.

2) Make the Dahl

Add a drizzle of oil to a saucepan and place on medium heat. Once the saucepan is hot, add the shallot and cook down until soft about 3-4 minutes, then add the garlic and ginger cooking for another minute - make sure to stir frequently. Add the spice mix and allow to cook for a minute or so to release the flavour, then add in the lentils, tinned tomatoes, peppers, and 150ml stock per person (save the rest for later in case it seems a bit dry). Allow to cook for 25 minutes or until the lentils are tender. While the dal cooks move onto the next step.

4) Cook the Rice

Rinse the rice in a sieve under cold water until the water runs clear. Add to a saucepan and add 150ml of cold water with a pinch of salt. Bring to the boil and once boiling, place the lid on the saucepan and turn down the heat, simmering for about 10 minutes or until the liquid is all absorbed. While the rice cooks move onto the next step.

5) Finish the Dish

Stir about half a can of coconut cream per person through the dahl. Plate the rice and serve the dahl on top. Garnish with fresh coriander on top.



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