



DropChef Vegetarian Indian Dahl with Sweet Potato, Spinach & Cashew Nuts

Dahl is a stew of lentils, cooked with beautifully vibrant spices until lovely and thick. Dahl is the perfect comfort food. It's versatile and nutritious and is a foolproof way to sneak some much needed lentils into your diet! Lentils are packed full of plant protein and fibre!

Nutritional Info

Calories: 501 kcal
Carbohydrates: 77 g
Protein: 18 g
Fat: 14 g

Ingredients

- Sweet Potato
- Onion
- Ginger
- Red Chilli
- Yellow Pepper
- Baby Spinach
- Tomato Puree
- Puy Lentils
- Cashew Nuts
- Vegetable Stock Cube
- Spice Mix
 - Cumin
 - Coriander
 - Turmeric
 - Paprika

Allergens

[Nuts \(Cashews\)](#)

[Celery \(Stock Cube\)](#)


[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) **Make the stock**

Combine the stock cube with 500ml of boiling water per cube and set aside 150 ml per person.

2) **Prepare the vegetables**

Peel the sweet potato. Remove the skin from the onion and the ginger. Finely dice the onion, ginger and chilli and chop the sweet potato and pepper into small cubes.

3) **Start the dahl**

Heat a pot over a medium heat, then add in the onion and cook for 1 minute. Add in the pepper and sweet potato and cook for 2 minutes. Add in the ginger and chilli (to taste). Cook for 1 minute.

4) **Add the spices**

Add the spice mix and tomato puree to the pot of vegetables and cook for 1 minute.

5) **Add the lentils & stock**

Add the lentils and stock into the pot of vegetables. Cook for 25 minutes or until most of the liquid is gone. (If the liquid has evaporated but the lentils are still under-cooked, add some more boiling water)

6) **Toast the cashews**

In a dry pan toast the cashew nuts for 1-2 minutes. Set aside.

7) **Finish the dahl**

Remove the vegetable dahl from the heat. Add the spinach and stir through.

8) **Plate the dish**



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