



COCONUT DAL

with Spinach and Warm Naan Bread

SPICY

VEGGIE



HELLO DAL

Nourishing, hearty lentils, simmered with fragrant spices

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 759



Cilantro



Red Chili



Garlic



Ginger



Dal Spice Blend



Onion, chopped



Vegetable Broth Concentrate



Coconut Milk



Red Lentils



Naan Bread



Baby Spinach



Shredded Coconut

BUST OUT

- Garlic Press
- Measuring Spoons
- Strainer
- Medium Pot
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Cilantro 7 g | 14 g
- Red Chili 1 | 1
- Garlic 6 g | 12 g
- Ginger 30 g | 60 g
- Dal Spice Blend 2 tbsp | 4 tbsp
- Onion, chopped 113 g | 227 g
- Vegetable Broth Concentrate 1 | 2
- Coconut Milk 1 can | 2 can
- Red Lentils ¾ cup | 1 ½ cup
- Naan Bread 2 | 4
- Baby Spinach 113 g | 227 g
- Shredded Coconut 1 tbsp | 2 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

In Step 2, use this heat guide to determine what spice level you prefer: ¼ tsp mild, ¼ tsp medium, ½ tsp spicy and 1 tsp extra-spicy!



1 PREP Wash and dry all produce.* Peel, then mince or grate **garlic**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Finely chop **cilantro**. Finely chop **chili**, removing seeds for less heat. (**TIP:** Wear kitchen gloves to protect your hands when prepping the chili, if desired!) Using a strainer, rinse **lentils**.



4 WARM NAAN Meanwhile, heat a large non-stick pan over high heat. Place **naan** in the dry pan and cook until warmed through, 1-2 min per side. (**NOTE:** Warm them one at a time if your pan doesn't fit all of them at once.)



2 START DAL Heat a medium pot over medium heat. When pot is hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until golden-brown, 3-4 min. Add **garlic, ginger, dal spice blend** and **¼ tsp chili** (dbl for 4 ppl). (**NOTE:** Reference the heat guide in the Start Strong). Cook, stirring often, until fragrant, 1-2 min.



5 WILT SPINACH When **lentils** are soft, add **spinach** and stir until wilted, 2 min.



3 COOK DAL Add **broth concentrate(s), coconut milk, lentils** and **1 ½ cups water** (dbl for 4 ppl) to the pot. Bring to a gentle boil and cook, stirring often, until **lentils** are soft, 10-12 min.



6 FINISH AND SERVE Divide **dal** between bowls. Sprinkle over **cilantro** and **shredded coconut**. Serve **naan** on the side.

LENTIL LOVE!

Use the naan to sop up that delicious dal!