

COCONUT DAHL

with Roasted Cauliflower and Fried Kale



Dahl is a staple in Indian and Sri Lankan Cuisine.
Will this become a staple in your home?

COOKING TIME: 30 MIN

CALS 805 | PROT 27.6G | CARBS 70.2G | FAT 46.6G



TIPS FOR FUSSY EATERS

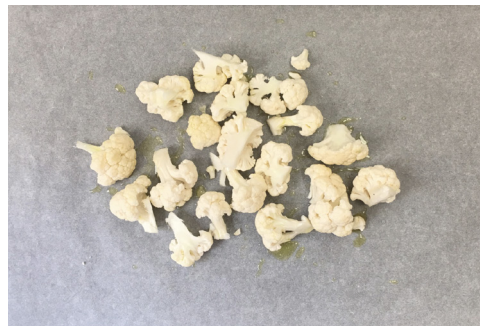
This dahl is creamy and soft so as long as you go easy on the chili, this is a hit.
Serve with basmati rice.

PRO TIP

There is a lot to rave about kale and turmeric. They are packed with health benefits! However, wear your apron and wash your hands/kitchen surfaces well because turmeric can really stain!

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Masoor dahl - lentils	150g	225g	300g
Coconut milk	400g	600g	800g
Red onion	1	1	2
Garlic cloves	2	3	4
Ginger	30g	45g	60g
Curry powder	3g	4g	5g
Chili powder	1g	2g	2g
Turmeric	2g	3g	4g
Vegetable stock cube	1/2	2/3	1
Cauliflower	400g	600g	800g
Kale	100g	150g	200g
Coconut oil	4g	6g	8g
Boiling water	300ml	450ml	600ml



1 ROAST THE CAULIFLOWER

Pre-heat the oven to 200°C. Rinse the **cauliflower** and pat dry. Place on an oven tray. Drizzle with **oil** and **salt**. Mix with your hands and roast in the oven for 20 minutes.



4 ADD

Add the **curry powder**, **chili powder** and half of the **turmeric**. Mix well. Add the **lentils**, **vegetable stock cube** and **water**. Bring to boil.



2 PREP

Chop the **onion**, **garlic** and **ginger**. Pour the **lentils** in a colander and rinse them well.



5 SIMMER

Add the **coconut milk**. Allow to simmer for 15 minutes until the **lentils** are soft.



3 FRY

In a large pot heat a spoon of **oil** at medium heat and fry the **onion**, **garlic** and **ginger** for 2-3 minutes.



6 SERVE

Rinse the **kale** leaves. Remove the hard stem of the **kale** and slice the leaves. In a bowl mix the leaves with the **coconut oil**, remaining **turmeric** and a pinch of **salt**. Massage the leaves for a minute. Then heat a pan and once hot, add the **kale** on the pan. Fry for 2-3 minutes. Serve the **dahl** with the roasted **cauliflower** and fried **kale**.

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