



Red lentil dahl with crispy kale, cashews and brown rice

By Miele

10 minutes

Preparation time

1 hour 10 minutes

Cooking time

10 servings

Serves

INGREDIENTS

Dahl

6 garlic cloves, peeled 6cm ginger, peeled and roughly chopped

- 1 cup coriander stalks, roughly chopped
- 2 long red chillies
- 2 tbsp vegetable oil
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp curry powder
- ½ tsp chilli powder
- 2 tsp salt
- 1 brown onion (150g), peeled
- 1 carrot, peeled
- 1 tbsp black mustard seeds
- 500g red lentils, washed and
- drained
- 400g chopped tomatoes
- 400ml coconut cream

Crispy kale and cashews

200g kale, washed and destalked 1 tbsp vegetable oil 1/4 tsp Aleppo chilli powder 100g raw cashews

Brown rice

5 cups brown basmati rice, rinsed

METHOD

Dahl

- 1. Place the garlic, ginger, coriander, chillies, vegetable oil, ground cumin, ground coriander, curry powder, chilli powder and salt into a food processor and process for 2 minutes, or until a smooth paste has formed.
- 2. Change food processor blade to a grate disk (or use hand grater) and grate the onion and carrot on top of the paste.
- 3. Place the mix into a deep unperforated steam container that can fit at least 2.8 litres.
- 4. Add the mustard seeds and Steam at 100°C for 10 minutes.
- 5. Add the lentils, tomatoes, coconut cream and 700 ml water and stir to combine.
- 6. Place in the steam oven and Steam at 100°C for 1 hour.

Crispy kale and cashews

- 1. Toss the kale with the oil, chilli and ½ tsp salt. Spread out over two baking trays.
- 2. Place cashews on the end of one of the baking trays, moving the kale to one side. Preheat the oven on Fan Plus at 150°C.
- 3. Place baking trays on shelf position 2 and 4 and cook for 15 minutes until the kale is crispy and the cashews are toasted.

Brown rice

1. Place rice in an unperforated steam container with 7 ½ cups of water and 2 tsp salt. Steam at 100°C for 28 minutes.

Hints and tips

- The dahl can be pureed with a hand blender, or loosened with more water, depending on preferred consistency.
- The chilli can be adjusted according to taste.
- The recipe makes a large amount, but easily be halved, or leftovers can be frozen for up to 3 months.