

Turban Chopsticks

Jewelled Mung

This quick dish creates a creamy, mildly spiced Indian dahl, that can be served simply with some warm crusty bread or roti, or with some rice and a dollop of natural yoghurt. Great as a one pot meal or a side dish to a spicy curry.

- ✓ Product of Australia 225g
- ✓ No Artificial Preservatives, Colours or Flavours
- ✓ 100% Vegetarian
- ✓ Gluten-Free

Recipe

Serves: 3 to 4 hungry tummies

Cooking Time: 45 minutes

Just add:

- 2 cups fresh spinach or veggies
- 1 tomato, finely diced
- 1 onion, finely diced
- 2 tablespoons vegetable oil

How to:

1. Heat a saucepan on medium heat. Add oil and spices enclosed in the packet and panfry. Add finely diced onion and fry until it is golden brown.
2. Rinse mung beans separately until water runs clear. Drain mung, then add to pan along with finely diced tomatoes and four cups of water.
3. Bring pan to boil then simmer stirring occasionally for 25-30 mins.
4. Add fresh spinach and cook for further 5 minutes until cooked.

Garnish with coriander leaves and a dollop of fresh yoghurt.

Great served with Turban Chopsticks Royal Festival Briyani and White Lentil Coconut Fritters for an Indian feast!

Variations

Meat Alternative

- Add 1 cup of chicken. Pan fry with the onion in step 1.

Hearty Vego Dahl

- Add 2 cups of mixed veggies (carrot, potato, pumpkin, zucchini and mushroom cut in small to medium sized pieces)

Healthy Dahl Dip

- Continue to boil until liquid has disappeared
- Serve with toasted Turkish bread

