

Indian-Flavored Lentil Dal

with garlic buttered naan dippers

Prep Time:

30-40 min

Cook Within:

7 days

Difficulty:

Intermediate

Spice Level:

Not Spicy

Nutrition (per serving)

Calories: 940

Carbs: 130g

Fat: 38g

Protein: 12g

Sodium: 1730mg

Contains: milk, wheat

Ingredients (Serves 2)

- 10 oz. Brown Lentils
- 5.6 fl. oz. Coconut Milk
- 5.47 oz. Long Grain White Rice
- 1 Onion
- 8 Naan Dippers
- 2 Tbsp. Tomato Puree
- 1 oz. Creme Fraiche
- 0.75 oz. Roasted Garlic & Herb Butter
- 1/4 oz. Cilantro
- 2 tsp. Chile and Cumin Rub
- 2 Garlic Cloves
- 1 tsp. Garlic Salt

You'll Need

- 1 Baking Sheet
- 1 Medium Pot
- 1 Small Pot
- 1 Mixing Bowl

Before You Cook

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Preheat the broiler
- Set butter on counter to soften
- Prepare a baking sheet with foil
- Ingredient(s) used more than once: garlic salt
- Shake coconut milk well before opening can

Instructions

1. Cook the Rice

Bring a small pot with rice, 1 1/4 cups water, and half the garlic salt (reserve remaining for lentils) to a boil.

Once boiling, reduce to a simmer, cover, and cook until rice is tender, 15-18 minutes.

Remove from burner. Cover and set aside to keep warm.

While rice cooks, continue recipe.



2. Prepare the Ingredients

Stem and coarsely chop cilantro.

Halve and peel onion. Cut halves into 1/4" dice.

Mince garlic.

In a mixing bowl, combine creme fraiche and 1 tsp. water. Set aside.



3. Cook the Onions

Place a medium pot over medium heat and add 2 tsp. olive oil.

Add onions and a pinch of salt to hot pot. Stir occasionally until tender and slightly browned, 6-8 minutes.

Add garlic and stir occasionally until fragrant, 30-60 seconds.



4. Add the Sauce and Lentils

Add tomato puree to hot pot. Stir occasionally until combined, 1-2 minutes.

Add lentils, remaining garlic salt, coconut milk, chile and cumin rub, and 1/2 cup water.

Don't worry if coconut milk has solidified. It is part of natural processes. Break up as needed. Stir to combine and bring to a simmer.

Once simmering, stir often until lentil mixture is slightly thickened, 4-6 minutes.

If too thick, add additional water, 1 Tbsp. at a time, until desired consistency is reached.

Remove from burner.



5. Toast Naan and Finish Dish

Place naan on prepared baking sheet and evenly top with softened butter.

Broil under hot broiler until naan is golden-brown, 1-2 minutes.

Don't text and broil! Keep an eye on oven as naan may burn easily under broiler.

Carefully remove from broiler.

Plate dish as pictured on front of card, topping rice with lentil mixture. Garnish with cilantro and crema. Serve naan on the side for dipping. Bon appétit!

