



**READY TO COOK**  
BY HARRIS FARM

# YELLOW VEGGIE DHAL WITH ZUCCHINI, PUMPKIN AND GREEN BEANS



PREP  
**15 min**



COOK  
**35 min**



SERVES  
**4**

## INGREDIENTS:

- > 350g Organic Pumpkin
- > 400g Organic Moong Dhal
- > 250g Organic Green Beans
- > 400g Organic Zucchini
- > ¼ Organic Coriander Bunch
- > 2 Cups Organic Rice

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil or Ghee

# METHOD - GET COOKING!



**1** Bring a pot with salted water to the boil. Cook the rice as per packet instruction.

Dice the pumpkin into 2cm cubes. Cut the zucchinis in half lengthways. Cut the top ends off the green beans. Wash and chop the coriander, reserving some leaves for garnishing. Set aside.

**2** In a medium size pot on a high heat, drizzle olive oil or ghee, add the dhal and cook for 2 minutes. Add the pumpkin and stir for 1 minute. Add 6 cups of water and bring to the boil. Turn down heat and simmer for 20 minutes, stirring occasionally. Add a pinch of chopped coriander to the dhal, mix through well.

**3** Place the beans in the boiling water and cook for 3 minutes. Drain and set aside.

Bring a large frying pan to a high heat, drizzle olive oil and cook the zucchini for 2-3 minutes on each side until golden brown. Season with salt and pepper, remove from the pan and cut into 1cm slices.

**4** Add the zucchini, the remaining chopped coriander and the green beans to the pot with the dhal. Season with salt and pepper, mix throughout.

Serve veggie dhal with warm rice and garnish with coriander leaves.

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

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