

MUSHROOM MASOOR DAHL (MILD SPICE)

WITH COCONUT BASMATI RICE, SPRING ONIONS,
& ROASTED CASHEW NUTS

3



YUM JAR

ALL TASTE
ZERO WASTE

METHOD

1. Rinse and drain the Basmati Rice with Threaded Coconut. Add to a small pot with 2x as much cold water, a pinch of salt, and a dash of oil (optional). Set to a medium heat, with a lid on, and bring to a simmer. Once simmering, reduce heat to low and continue simmering for 10-12 minutes or until fully cooked. Turn off the heat and set aside with the lid on until ready to serve.

2. Meanwhile, wash the vegetables and pat dry. Chop the Mushrooms into quarters or slices. Thinly slice the Spring Onions and set aside the greener parts for garnish.

3. Set a frying pan with a drizzle of oil to a high heat. When the oil is hot, add the mushrooms and white spring onions and stir to coat in oil. Fry for 3-4 minutes, stirring occasionally, until the mushrooms are turning golden at the edges. Add a splash of water to help them soften up some more and fry until the water has evaporated.

4. Reduce the heat to medium and pour in the

Masoor Dahl. Stir well, and bring to a simmer. Continue to simmer for 3-4 more minutes, stirring occasionally. Taste and season with salt and pepper as desired. Optionally, add some chili powder/flakes to the curry while cooking to raise the spice level.

5. Serve Mushroom Masoor Dahl in dinner bowls on top of the Basmati Coconut Rice, topped with a sprinkle of Roasted Cashew Nuts.

INGREDIENTS

Per 1 serve: you will use 2x or 4x this amount

3/8 Cup Basmati Rice with Threaded Coconut
80g Mushrooms
1/2 Spring Onion
1 1/2 Cup Masoor Dahl
1 Tbsp Roasted Cashew Nuts

EXTRAS

(not supplied)

Salt, pepper coconut/vegetable/olive oil)
Optional: chili powder/flakes

JAR INGREDIENTS

Masoor Dahl: coconut oil, onion, garlic, ginger, red capsicum, carrot, red split lentils, mixed spices, red wine vinegar, salt, tomato, coconut cream, cornstarch, tomato paste, house-made vegetable stock (water, bay leaves, vegetable off-cuts), fresh coriander, lemon juice.

ALLERGENS

Tree nuts.