

Miele

Red lentil dahl with crispy kale, cashews and brown rice

By Miele

25 minutes

Preparation time

1 hour 10 minutes

Cooking time

10

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
¼ tsp Aleppo chilli powder
100g raw cashews

Brown rice

5 cups brown basmati rice, rinsed

METHOD

Dahl

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.

Change food processor blade to a grate disk (or use hand grater) and grate the onion and carrot on top of the paste.

Place the mix into a deep unperforated steam container that can fit at least 2.8 litres.

Add the mustard seeds and Steam at 100°C for 10 minutes.

Add the lentils, tomatoes, coconut cream and 700 ml water and stir to combine.

Place in the steam oven and Steam at 100°C for 1 hour.

Crispy kale and cashews

Toss the kale with the oil, chilli and ½ tsp salt. Spread out over two baking trays.

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.

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

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

To serve

Spoon a portion of rice into a shallow bowl, top with dahl and sprinkle the kale and cashews over the top.

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.