

Cheat's Makhani Dal

with Kachumber Salad

hellóchef

Punjabi dal makhani is traditionally made with black lentils. To speed things up, we're using brown lentils and canned beans instead!

Cals 1024 • Prot 37 • Carbs 142 • Fat 38

Vegan

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🕒 cook: 40 min

R2733



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Dal	2 ppl	3 ppl	4 ppl	
Canned lentils	265	530	530	Grams
Red kidney beans	240	240	480	Grams
White onion	1	1	2	Piece
Small green chilli	1	2	2	Piece
Cardamom pods	4	6	8	Piece
Coconut oil	10	15	20	ML
Ginger garlic paste	20	30	40	Grams
Tomato paste	30	50	70	Grams
Garam masala	5	8	10	Grams
Smoked paprika powder	2	4	4	Grams
Water	700	1000	1300	ML
Vegetable stock cube 15*	1	1	2	Piece
Nutritional yeast	4	6	8	Grams
Plant based cream	200	300	400	ML
Salad				
Lemon	1	1	2	Piece
Shallots	1	1	2	Piece
Cucumber	1	1	2	Piece
Cherry tomatoes	150	250	300	Grams
Fresh coriander	15	15	30	Grams
Black pepper	0.5	0.5	0.5	Tsp
Rice				
Salt	0.5	1	1	Tsp
Water	300	450	600	ML
Basmati rice	150	225	300	Grams

Allergens

*15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/koal)	4290 / 1024
Fat (g)	38.4
of which saturates (g)	24
Carbohydrate (g)	142
of which sugars (g)	18.2
Fiber (g)	25.9
Protein (g)	37
Salt (g)	2.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Drain and rinse the **lentils** and **kidney beans**. Peel and finely chop {0.5/1/1} **onion**. Finely chop the **green chilli**. Split the **cardamom pods** open with the back of a knife.



2 Fry

Heat a large pot over a medium heat with the **coconut oil**. Fry the **onion** with a pinch of **salt** for 7-8 min until softened. Add the **ginger garlic paste, green chilli (spicy!), cardamom pods, garam masala, tomato paste** and **smoked paprika**. Fry for 2 min further.



3 Simmer

Add the **lentils, kidney beans, measured water, stock cube** and **nutritional yeast**. Simmer, covered, for 20-25 min, stirring occasionally, until the **lentils** are softened and falling apart. Once the mixture has reduced, add the **plant based[cream** and cook for 8-10 min until creamy.
Tip! Makhani dal is often finished with cream or butter - to keep things vegan, we've used plant based cream instead.



4 Boil rice

Meanwhile, add the **basmati rice, salt** and **measured water** to a pan with a lid and bring to a boil over a high heat. Lower the heat, cover, and cook for 12-14 min or until the **water** is absorbed and the **rice** is cooked. Remove the pan from the heat and keep it covered until serving. Fluff with a fork before serving.



5 Prep

Meanwhile, juice {0.5/0.5/1} **lemon** into a bowl. Peel and finely chop the **shallots**. Chop the **cucumber** into bite-size pieces. Halve the **cherry tomatoes**. Finely chop the **coriander**. Add all ingredients to the bowl with the **lemon juice**. Season with **salt** and **pepper** and give everything a good mix.



6 Serve

Serve the **Cheat's Makhani Dal** over the **rice** with the **Kachumber Salad** to the side.
Tip! Remove cardamom pods before serving. These are unpleasant to bite into.