# Cheat's Makhani Dal
## with Kachumber Salad

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

⏱ 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 | 500 | 750 | 1000 | 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 | | | | |
|---|---|---|---|---|
| Basmati rice | 150 | 225 | 300 | Grams |
| Salt | 0.5 | 1 | 1 | Tsp |
| Water | 300 | 450 | 600 | ML |

## Allergens

## Nutritional information

| | Per Serving* |
|---|---|
| Energy (kJ/kcal) | 4290 / 1024 |
| Fat (g) | 38.4 |
| of which saturates (g) | 24 |
| Carbohydrate (g) | 126 |
| of which sugars (g) | 26.3 |
| Fiber (g) | 27.1 |
| 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.