

Mushroom Dhansak with Basmati Rice and Green Beans

hellóchef

Dhansak is a Parsi curry. Lentils were traditionally used to bulk out the more expensive ingredients, usually mutton.

Cals 759 • Prot 33 • Carbs 144 • Fat 11

Vegan

🕒 35 min

R16



Before you start

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

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
White onion	1	1	2	Piece
Cardamom pods	4	4	6	Piece
Chestnut mushrooms	250	500	500	Grams
Baby king oyster mushrooms	300	300	600	Grams
Red lentils	80	120	160	Grams
Green beans	150	250	375	Grams
Vegetable oil	1	2	2	Tbsp
Salted vegan butter	20	40	40	Grams
Ginger garlic paste	10	15	20	Grams
Garam masala	2	5	5	Grams
Turmeric powder	2	2	4	Grams
Curry powder	4	5	8	Grams
Chilli powder	2	2	4	Grams
Tomato paste	30	50	70	Grams
Chopped tomatoes	400	400	800	Grams
Vegetable stock cube	1	1	2	Piece
Water	300	450	600	ML
Mango chutney	50	75	100	Grams
Black pepper	0.5	0.5	1	Tsp
Rice				
Basmati rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML
To serve				
Fresh coriander	15	15	15	Grams
Lime	1	1	2	Piece

Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



1 Prep

Peel and slice the **onions**. Crush the **cardamom** with the back of a knife. Roughly chop the **mushrooms**. Rinse and drain the **lentils**. Trim and roughly chop the **green beans**.



2 Boil rice

Rinse the **basmati rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



3 Start curry

Meanwhile, heat a pot over a medium heat with a drizzle of **oil** and the **vegan butter**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min. Add the **ginger garlic paste**, **cardamom pods**, **garam masala**, **turmeric**, **curry powder** and a pinch of **chilli powder (spicy!)**. Fry for 1 min further. Add the **tomato paste**, **chopped tomatoes**, **lentils**, **stock cube** and **measured water**. Simmer for 10 min.



4 Fry mushrooms

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **mushrooms** with a pinch of **salt** and fry for 7-8 min until browned.



5 Finish curry

After 10 min, add the **mushrooms** to the **lentils** along with the **green beans** and **mango chutney**. Simmer for 6 min further. Meanwhile, finely chop the **coriander**.



6 Serve

Season the **curry** with **salt**, **pepper** and a squeeze of **lime** juice. Stir through the **coriander**. Divide the **rice** between bowls and top the with **mushroom dhansak**.

Pro Tip

The trick to perfectly fluffy rice is to rinse it thoroughly first, thereby removing as much starch as possible. Rinse it once, twice or even thrice, and, time permitting, soak it for 30 min before rinsing it a final time.

Tips For Fussy Eaters

Serve the green beans on the side!