



Siobhan's

MANGO & VEG DAL

Time: 40 minutes

Serves: 4

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This is a wonderfully satisfying, nutrient-packed dish which is a great weekday option.

The dal is made in one pot and combines lentils, legumes, fruit, vegetables and spices - it is crammed full with antioxidants, plant protein, fibre and flavour!

Feel free to add any other vegetables you enjoy.

You can also crank up the spice.

This version was made with kids in mind.





MANGO & VEG DAL

INGREDIENTS

Legumes & Lentils

- 250g Red Split Lentils
- 1 tin Chickpeas
- 100g Green beans (halved)

Wholegrains

- 200g Brown rice

Oil

- 2 tblsp olive oil
(monounsaturated, heart healthy)

Fruit & Veg

- 1 tin (200g) Chopped Tomatoes
- 1 Mango
- 200g Spinach
- 1 small Cauliflower
- 1 medium Onion
- 3 cloves Garlic

Spices

For the Dal

- 1 tsp cumin seeds
- 1 tsp turmeric powder
- pepper (to taste)
- salt (to taste)

For the Rice

- 2-3 cardamom pods
- 1 tsp pilau spice mix
(rice is cooked with these spices)

Water

- 1 litre for dal (boiling)
- 400ml for rice

METHOD

To make the Rice:

1. Add rinsed rice to the pan
2. Cover with water. The water should be more than double the depth of the rice.
3. Add cardamom and pilau spice mix
4. Bring to a boil, mix and reduce heat to a low simmer and put lid on.
5. Cover and cook for 30 minutes (or as per instructions)
6. Stir occasionally to ensure it does not stick to the bottom. Add water if it does stick.
7. Once most of the water has gone switch the heat off and leave aside with lid on until ready to eat.

To make the Dal:

1. Chop all of the vegetables. Rinse the red lentils so that the water runs clear.
2. To cut the mango (demonstrated in video from position 1:32)
 - cut the two plump sides away from the central stone (the 'cheeks')
 - score the flesh in one direction
 - score again in the opposite direction
 - pop it inside out and trim off the flesh from the skin
 - repeat for both sides
 - trim as much flesh from the stone
 - chop mango into cubes
 - you can use the skin as long as it has been washed
3. Heat the olive oil in the pan
4. Add the chopped onion to the hot olive oil and cook on a medium heat for 5 minutes so it begins to become transparent but doesn't brown
5. Add the finely chopped/minced garlic
6. Cook the onion and garlic for a couple of minutes until the smell of the garlic softens
7. Add the mango, red split lentils, chopped tomatoes and a litre of boiling water
8. Bring to a boil and add the turmeric powder, cumin seeds, salt and pepper (to taste)
9. Add cauliflower
10. Reduce to a simmer, and cook with lid on for 20 minutes with lid on stirring occasionally.
You can add more water as you cook if needed.
11. Once the dal has been cooking for 20 minutes add green beans, chickpeas, chopped spinach and fresh coriander and a teaspoon of agave nectar (or sugar/erythritol-optional).
12. Cook for a further 10 minutes with the lid on stirring occasionally, until all vegetables are cooked through such that a fork slices through easily.

Plate up and enjoy!

