



WARMING SQUASH AND LENTIL DAL

with Brown Rice

VEGGIE

SPICY



HELLO

RED LENTILS

Lentils are rich in fibre, which help lower blood cholesterol levels and protect the heart

PREP: 10 MIN

TOTAL: 40 MIN

CALORIES: 627



Red Onion, sliced



Dal Spice



Butternut Squash, cubed



Vegetable Broth Concentrate



Diced Tomatoes



Red Lentils



Baby Spinach



Greek Yogurt



Sprouted Brown Rice



Cilantro



Garlic



Ginger

BUST OUT

- Small Pot
- Measuring Cups
- Garlic Press
- Grater
- Medium Pot
- Small Bowl
- Measuring Spoons
- Strainer
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person

- Red Onion, sliced 113 g
- **Dal Spice** 🌶️ 6 2 tbsp
- Butternut Squash, cubes 200 g
- Vegetable Broth Concentrate 1
- Diced Tomatoes 1 can
- Red Lentils 113 g
- Baby Spinach 113 g
- Greek Yogurt 2 100 g
- Sprouted Brown Rice ½ cup
- Cilantro 10 g
- Garlic 10 g
- Ginger 30 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

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|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix |
| 1 Wheat/Blé | 6 Mustard/Moutarde |
| 2 Milk/Lait | 7 Peanut/Cacahuète |
| 3 Egg/Oeuf | 8 Sesame/Sésame |
| 4 Soy/Soja | 9 Sulphites/Sulfites |

*Laver et sécher tous les aliments.



START STRONG

Yogurt is given a herby boost with chopped cilantro. Grated cucumber and lemon rind would also make a tasty addition to this yogurt condiment!



1 COOK RICE
Wash and dry all produce.* In a small pot, combine the **rice** with **1¼ cups water**. Bring it to a boil over high heat, then reduce the heat to medium-low. Cover and simmer until the rice is tender, 28-30 min. (Drain any excess liquid from the rice when it's done cooking.)



4 COOK DAL
Add the **squash, broth concentrate, diced tomatoes, lentils** and **2 cups water** to the pot. Bring to a boil, then reduce heat to medium. Cover and simmer, stirring often to prevent the lentils from sticking to the bottom of the pan, until the lentils and squash are tender, 15-18 min.



2 PREP
Meanwhile, roughly chop the **cilantro**. Mince or grate the **garlic**. Peel, then mince or grate **1 tbsp ginger**.



5 FINISH DAL
Add the **spinach** to the **dal** and stir until wilted, 1-2 min. Season with **salt** and **pepper**. In a small bowl, stir together **half the cilantro** and **yogurt**.



3 START DAL
Heat a medium pot over medium-high heat. Add a drizzle of **oil**, then the **red onions**. Cook until the onion softens, 3-4 min. Add the **garlic, ginger** and **dal spice**. Cook until fragrant, 1 min.



6 FINISH AND SERVE
Fluff the **rice** with a fork and stir in the **remaining cilantro**. Divide the rice between bowls. Top with the **dal** and a dollop of **cilantro-yogurt**.

COOL IT!

Yogurt (and other dairy) can be used to cool down your tastebuds when eating spicy foods!