

DINNERLY

Slow Cooker Butternut Squash Dal with Rice & Cilantro



4h



2 Servings

Of all the things you can make in a slow cooker, dal needs to be one of them. We're making the classic Indian dish with red lentils and butternut squash for a vegetarian delight. Tomato paste, curry powder, and coconut milk make an ultra fragrant, ultra flavorful stew that we serve ovr fluffy rice. We've got you covered! Cook time is 4 hours. (2-p plan serves 4; 4-p plan serves 8)

WHAT WE SEND

- 1 yellow onion
- ¼ oz fresh cilantro
- 2 (¼ oz) curry powder
- 6 oz tomato paste
- ½ lb butternut squash
- 13.5 oz can coconut milk ¹⁵
- 6 oz red lentils
- 10 oz jasmine rice

WHAT YOU NEED

- garlic
- neutral oil
- kosher salt & ground pepper

TOOLS

- medium skillet
- slow cooker
- large saucepan

ALLERGENS

Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 20g, Carbs 104g, Protein 19g

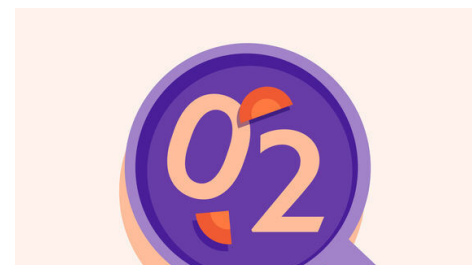


1. Prep ingredients

Halve **onion** and thinly slice.

Finely chop **1 tablespoon garlic**.

Pick **cilantro leaves** from stems. Wrap leaves in a damp paper towel and refrigerate until ready to serve; finely chop stems.



2. Cook aromatics

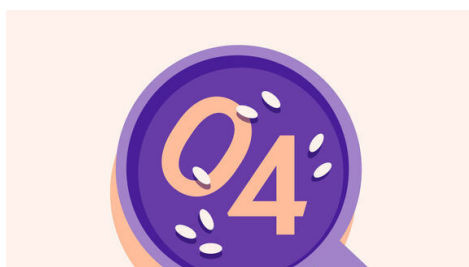
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **onions**; season with **salt** and **pepper**. Cook until tender and just starting to brown, about 5 minutes. Reduce heat to medium; add **all of the curry powder, chopped garlic, cilantro stems, and half of the tomato paste**. Cook, stirring, until garlic is fragrant and paste is brick red, 2–4 minutes.



3. Deglaze & slow cook

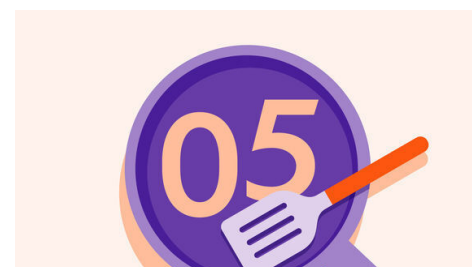
Add **1½ cups of water**. Cook, scraping up any browned bits from bottom of skillet, until mixture just comes to a simmer.

Transfer to slow cooker along with **squash, coconut milk, and lentils**. Season with a **few grinds of pepper** and **1 teaspoon salt**. Cover and cook on high for 4 hours.



4. Cook rice

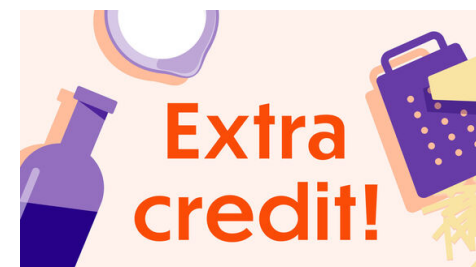
When **dal** is almost done, in a large saucepan, combine **rice, 2 cups water**, and **1 teaspoon salt**; bring to a boil. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



5. Finish & serve

Coarsely chop **cilantro leaves**. Stir **dal** and season to taste with **salt** and **pepper**. Fluff **rice** with a fork.

Serve **butternut squash dal** with **rice** and garnish with **cilantro leaves**. Enjoy!



6. Check us out!

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