

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 over fluffy rice. We've got you covered! Cook time in slow cooker 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 ¹
- 2 (3 oz) red lentils
- 10 oz jasmine rice

WHAT YOU NEED

- garlic
- neutral oil
- kosher salt & ground pepper

TOOLS

- medium skillet
- slow cooker
- medium saucepan

ALLERGENS

Tree Nuts (1). 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

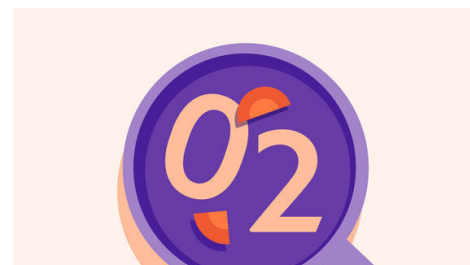


1. Prep ingredients

Halve **onion** and thinly slice.

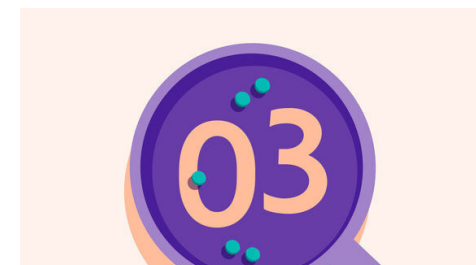
Finely chop **1 tablespoon garlic**.

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



2. Cook aromatics

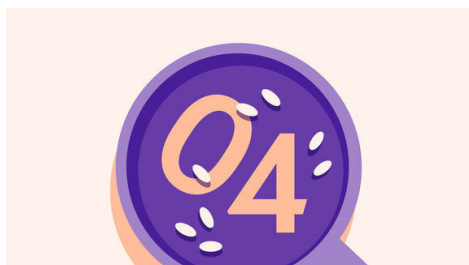
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **onions**; season with **salt** and **pepper**. Cook until tender and just starting to brown, about 5 minutes. Reduce heat to medium; add **all of the curry powder, chopped garlic, cilantro stems, and half of the tomato paste**. Cook,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



3. Deglaze & slow cook

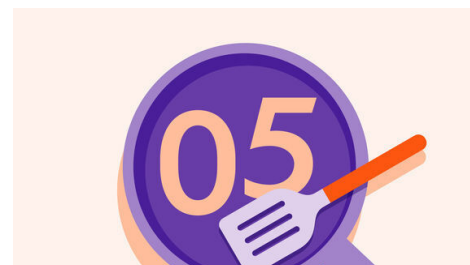
Add **1½ cups of water**. Cook, scraping up any browned bits from bottom of skillet, until mixture just comes to a simmer.

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

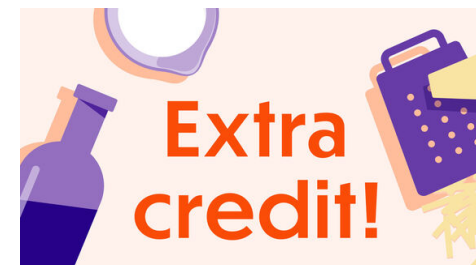
When **dal** is almost done, in a medium saucepan, combine **rice, 2 cups water**, and **1 teaspoon salt**; bring to a boil. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



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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