



## Sri Lankan Coconut Dal

with Kale & Pita



20-30min



2 Servings

Sri Lanka is a small island off the southeastern tip of India. The cuisine showcases fresh veggies and fiery spices produced by the hot climate and oceanic surroundings, like coconut, a ubiquitous tree on the island. Here we use it as the creamy base for this red lentil dal spiced with vibrant ground turmeric, garam masala, and fresh ginger. We serve the hearty vegetarian stew with buttery toasted pita to sop it all up.



## What we send

- 1 bunch curly kale
- 1 yellow onion
- 1 oz fresh ginger
- ¼ oz garam masala
- ¼ oz turmeric
- 3 oz red lentils
- ¾ oz coconut milk powder<sup>7,15</sup>
- 1 lime
- 4 oz Greek yogurt<sup>7</sup>
- 2 Mediterranean pitas<sup>1,6,11</sup>

## What you need

- neutral oil
- kosher salt & ground pepper
- butter<sup>7</sup>
- sugar

## Tools

- rimmed baking sheet
- medium saucepan

## Allergens

Wheat (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 590kcal, Fat 18g, Carbs 88g, Protein 31g



### 1. Broil kale

Preheat broiler with a rack in the upper third. Remove and discard stems from **kale leaves**. Stack leaves and cut into 1-inch wide strips. Transfer kale to a medium bowl; use your hand to massage with **½ tablespoon oil**. Season with **salt** and **pepper**. Spread kale out on a rimmed baking sheet. Broil until tender and crisp in spots, about 7 minutes (watch closely). Reserve bowl for step 5.



### 4. Cook lentils

To saucepan with **aromatics**, add **lentils**, **coconut milk powder**, **2 cups water**, and **½ teaspoon salt**. Bring to a boil, then reduce heat and simmer, partially covered, until lentils are tender, 8-10 minutes.



### 2. Prep ingredients

Meanwhile, finely chop **onion**. Peel and finely chop **half of the ginger** (save rest for own use).



### 5. Dress kale

Meanwhile, squeeze juice from **half of the lime** into reserved bowl. Add **½ teaspoon oil** and **a pinch of sugar**; whisk to combine. Cut remaining lime into wedges. Add **charred kale** to bowl and toss to coat. In a small bowl, stir to combine **Greek yogurt** and **2 teaspoons water**; season to taste with **salt** and **pepper**. Set yogurt aside until ready to serve.



### 3. Cook onions

Heat **1 tablespoon butter** in a medium saucepan over medium-high. Add **onions** and **chopped ginger**; season with **½ teaspoon salt**. Cook, stirring often, until onions are translucent and softened, about 5 minutes. Stir in **1 teaspoon garam masala** and **½ teaspoon turmeric**; cook until fragrant, about 30 seconds.



### 6. Warm pita & serve

Brush **pita** on both sides with **a little oil**. Broil directly on upper oven rack until pita is just warmed through, 1-2 minutes (watch closely). Serve **dal** topped with **charred kale** and **seasoned yogurt**, with **lime wedges** on the side for squeezing over, and **pita** for dipping. Enjoy!