

# Masoor Palak Dal

*with Curry-Spiced Cheese & Date Chutney*

Masoor palak dal, a creamy red lentil stew made with spinach, is the perfect, hearty meal for winter. We're cooking ours with coconut milk and garnishing it with cilantro. We're also pairing it with a seared farmer's cheese (which keeps its shape, even in a hot pan) and a warm, sweet side of homemade chutney. Featuring Medjool dates (the luscious fruit of the date palm), the chutney's tart sweetness perfectly balances this meal's rich, savory flavors.



## Ingredients

- 1 Pound Farmer's Cheese
- 1 Cup Red Lentils
- 1 13.5-Ounce Can Light Coconut Milk
- 5 Ounces Baby Spinach
- 3 Cloves Garlic
- 1 Lime
- 1 Large Bunch Cilantro

## Knick Knacks

- 3 Medjool Dates
- 1 2-Inch Piece Ginger
- ¼ Cup Tamarind Concentrate
- 1 Tablespoon Curry Powder
- 1 Tablespoon Coconut Dal Spice Blend  
(Cumin Seeds, Ground Cardamom, Nigella Seeds, Sweet Paprika & Brown Mustard Seeds)

**Makes 4 Servings**

**About 690 Calories Per Serving**

**Cooking Time: 25 to 35 minutes**





1



## Prepare the ingredients:

Wash and dry the fresh produce. Slice the cheese lengthwise into 8 equal-sized pieces. Peel and mince the garlic and ginger. Using your hands, remove and discard the pits of the dates; roughly chop the dates. Quarter the lime. Pick the cilantro leaves off the stems; discard the stems.

2



## Start the dal:

In a large pot, heat 1 tablespoon of oil on medium until hot. Add the **garlic, ginger** and **spice blend**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Transfer half the cooked garlic and ginger to a bowl; set aside. Add the **lentils** to the pot of remaining garlic, ginger and spice blend. Cook, stirring occasionally, 30 seconds to 1 minute, or until slightly toasted. Add **2 cups of water**; heat to boiling on high. Once boiling, reduce the heat to medium and simmer 8 to 10 minutes, or until the lentils are tender and the liquid is slightly reduced in volume.

3



## Make the date chutney:

While the lentils simmer, in a medium pan (nonstick, if you have one), combine the **dates**, **½ cup of water**, a **pinch of the curry powder** and the **reserved garlic and ginger**. Cook on medium-high, stirring occasionally, 4 to 5 minutes, or until the liquid is slightly reduced in volume. Stir in the **tamarind concentrate**; cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined. Season with salt and pepper to taste. Transfer to a serving dish. Wash and dry the pan.

4



## Finish the dal:

Add the **spinach** to the pot of lentils and stir to combine. Cook, stirring constantly, 30 seconds to 1 minute, or until the spinach has wilted. Add the **coconut milk** (shaking the can before opening). Simmer, stirring occasionally, 8 to 10 minutes, or until the liquid is slightly reduced in volume. (Be careful not to boil the mixture, as the coconut milk may separate.) Season with salt and pepper to taste. Transfer to a serving dish.

5



## Cook the cheese:

While the dal finishes cooking, pat the **cheese** dry with paper towels; season on both sides with salt, pepper and the **remaining curry powder**. In the same pan used to make the date chutney, heat 1 tablespoon of oil on medium-high until hot. Add the seasoned cheese and cook 2 to 3 minutes per side, or until browned and crispy. Transfer to a serving dish.

6



## Serve your dish:

Garnish the **cooked cheese** with the **lime wedges** and **¾ of the cilantro**. Garnish the **finished dal** with the **remaining cilantro**. Serve the cheese with the **date chutney** on the side. Enjoy!