

# Spiced Lentil Stew

*with Sweet & Sour Cauliflower*

“Dal” is a hearty, warming dish of lentils often slow-cooked with spices until they develop a creamy, delicate texture. Our take features yellow lentils cooked with a blend of spices including turmeric, cumin and brown mustard seeds. We’re topping each bowl with pan-crisped cauliflower (yours may be white or green Romanesco), whose sweet and tangy flavors are inspired by another classic Indian dish, “gobi Manchurian.” Warm naan bread and a cooling lime-yogurt sauce round out this satisfying vegetarian meal.

## Blue Apron Wine Pairings

Vigilance Syrah, 2015

Helen Foggo Shiraz, 2015



## Ingredients

- ½ Cup Golden Lentils
- 1 Piece Naan Bread
- 1¾ Cups Light Coconut Milk
- ½ Cup Plain Greek Yogurt
- 1 Head Cauliflower
- 1 Lime
- 1 Yellow Onion
- 1 Large Bunch Cilantro

## Knick Knacks

- 3 Tablespoons Rice Flour
- 1 1-Inch Piece Ginger
- ¼ Cup Sweet Chili Sauce
- 2 Teaspoons Lentil Spice Blend  
(Cumin Seeds, Brown Mustard Seeds, Cayenne Pepper & Ground Turmeric)

**Makes:** 2 servings

**Prep Time:** 15 minutes | **Cook Time:** 25–35 minutes



For cooking tips & tablet view, visit [blueapron.com/recipes/1051](https://blueapron.com/recipes/1051)

Recipe #1051



1



## Prepare the ingredients & make the yogurt sauce:

Preheat the oven to 400°F. Wash and dry the fresh produce. Peel and small dice the onion. Peel and mince the ginger. Cut out and discard the cauliflower core; cut the head into bite-sized florets. Roughly chop the cilantro leaves and stems. Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter the lime. In a bowl, combine the **yogurt**, **lime zest** and a drizzle of olive oil; season with salt and pepper to taste.

2



## Cook the lentils:

In a small pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion** and **ginger**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Add the **lentils** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until toasted and fragrant. Add the **coconut milk** (shaking the can just before opening) and **¾ cup of water**. Heat to boiling on high; once boiling, reduce the heat to medium-high. Cook, stirring occasionally, 20 to 22 minutes, or until tender. Turn off the heat; season with salt and pepper to taste.

3



## Start the cauliflower:

While the lentils cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **cauliflower**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and slightly softened. Add **½ cup of water**; cook, stirring occasionally, 4 to 6 minutes, or until the water has cooked off. Add **the juice of 2 lime wedges**; cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Transfer to a large bowl. Wipe out the pan.

4



## Coat & crisp the cauliflower:

While the lentils continue to cook, add the **flour** to the bowl of **cooked cauliflower**; season with salt and pepper. Carefully toss to coat. In the same pan, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a pinch of flour sizzles immediately when added to the pan, add the coated cauliflower (tapping off any excess flour) in a single, even layer. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and crispy. Season with salt and pepper.

5



## Toast the naan:

While the cauliflower cooks, carefully place the **naan** directly onto the oven rack. Toast 4 to 6 minutes, or until slightly crispy and warmed through. Remove from the oven and transfer to a cutting board. When cool enough to handle, quarter the toasted naan.

6



## Finish the cauliflower & plate your dish:

Add the **chili sauce** and **the juice of the remaining lime wedges** to the pan. Cook, stirring frequently, 30 seconds to 1 minute, or until coated; season with salt and pepper to taste. Divide the **cooked lentils** between 2 bowls; top with the cauliflower. Garnish with the **cilantro**. Serve with the **yogurt sauce** and **toasted naan**. Enjoy!