

Spiced Lentils & Basmati Rice

with Roasted Sweet Potato & Coconut Yogurt

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

We're making tonight's stewed lentils (or "dal" as the dish is commonly known in Hindi) with a special ingredient. The fresh leaf of a curry tree, a native of South Asia, imparts unique hints of citrus and savory spice when stewed with our green lentils. A vibrant blend of spices including garam masala and turmeric add another warming layer to the dish. Lightly toasted naan is perfect for scooping up the lentils, while yogurt made from coconut milk balances their spice with a bit of tangy sweetness.



BLUE APRON WINE PAIRING:

Osorio Carménère, 2016

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Ingredients



$\frac{2}{3}$ cup
BASMATI RICE



$\frac{3}{4}$ cup
GREEN LENTILS



1 piece
NAAN BREAD



$\frac{1}{2}$ cup
COCONUT
YOGURT



2 cloves
GARLIC



1
SWEET POTATO



1 bunch
CILANTRO

KNICK KNACKS:



1
FRESH CURRY
LEAF



1 Tbsp
RED WINE
VINEGAR



1 Tbsp
LENTIL SPICE
BLEND*



1 1-inch piece
GINGER



1
SHALLOT

* Cumin Seeds, Garam Masala, Ground Coriander, Ground Turmeric, Crushed Red Pepper Flakes, Ground Cinnamon & Onion Powder



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1 Prepare the ingredients & season the yogurt:

- ☐ Preheat the oven to 475°F.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and mince the shallot.
- ☐ Peel and finely chop the garlic.
- ☐ Rinse the lentils. Using your fingers, inspect the lentils for any pebbles; discard the pebbles.
- ☐ Peel the sweet potato; halve lengthwise. Cut into 1/2-inch-thick wedges, then cut in half crosswise.
- ☐ Peel and finely chop the ginger.
- ☐ Pick the cilantro leaves off the stems; discard the stems.
- ☐ Place **half the yogurt** in a bowl (you will have extra); season with salt and pepper.



2 Cook the lentils:

- ☐ In a small pot, heat a drizzle of olive oil on medium-high until hot. Add the **shallot** and **garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened. 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; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until toasted and fragrant. Add the **curry leaf** and **3 cups of water**; season with salt and pepper. Heat to boiling on high.
- ☐ Once boiling, cook, stirring occasionally, 20 to 22 minutes, or until tender.
- ☐ Turn off the heat and stir in the **vinegar**. Season with salt and pepper to taste. Carefully remove and discard the curry leaf.



3 Roast the sweet potato:

- ☐ While the lentils cook, place the **sweet potato** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 17 to 19 minutes, or until browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.

4 Cook the rice:

- ☐ While the sweet potato roasts, in a medium pot, heat 1 teaspoon of olive oil on medium-high until hot. Add the **ginger**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant. Add the **rice**, **a big pinch of salt** and **1 1/3 cups of water**. Heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 14 to 16 minutes, or until the water has been absorbed and the rice is tender.
- ☐ Turn off the heat and fluff the cooked rice with a fork.



5 Toast the naan:

- ☐ Once the rice has cooked for about 10 minutes, carefully place the **naan** directly onto the oven rack. Toast 2 to 4 minutes, or until warmed through and the edges are slightly crispy. Remove from the oven and transfer to a cutting board. When cool enough to handle, cut into 6 equal-sized pieces.

6 Plate your dish:

- ☐ Divide the **cooked rice**, **cooked lentils** and **roasted sweet potato** between 2 dishes. Garnish with the **cilantro**. Serve with the **seasoned yogurt** and **toasted naan** on the side. Enjoy!