

MORRISON HEALTHCARE POWER OF FOOD RECIPES



ALMOST AUTHENTIC RED DAHL WITH LEMON, SWEET POTATOES, THAI BASIL & BROWN RICE

Ingredients	1 Serving	6 Servings
Sesame Oil	1/4 tsp	2 tsp
Spanish Onions, Diced	1/4 whole onion	3/4 whole onion
Crushed Garlic Cloves, Fresh	1/4 garlic clove	1 and 1/4 garlic clove
Ginger Root, Fresh and Grated	1/4 tsp	2 tsp
Fresh Red Fresno Chili Peppers	1/4 chili pepper	3/4 each
Tumeric	1/2 tsp	1 tbsp
Ground Cumin	1/2 tsp	1 tbsp
Sweet Potatoes, Fresh and Peeled	2.25 oz	13.5 oz
Lentils, Dry	1.2 oz	6.75 oz
Lemon Zest	1/8 tsp	3/4 tsp
Vegetable Stock	1/3 cup	2 and 2/3 cup
Spinach	1/3 cup	2 cup
Thai Basil, Fresh	1/4 oz	

Cooking Instructions

Cook Rice

Cook rice and set aside.

Cook Onions and Peppers

Heat oil in a pot. Add onion and cook over a low heat for 5 minutes, stirring occasionally, until softened. Add garlic, ginger, chopped red Fresno chili peppers and spices and cook for 1 minute.

Add Sweet Potatoes and Lentis

Peel and cut the sweet potatoes into wedges. Turn up heat to medium. Add sweet potatoes to spice mixture and stir everything together so the potatoes are coated in the spice mixture. Add the lentils and stock. Add Lemon zest to lentils. Bring the liquid to boil, then reduce the heat, cover and cook for 20 minutes until the lentils are tender and the sweet potato is just holding its shape.

You want to cook the Dahl (lentils) until they are completely soft and thick collapsed into a rough purée.

Add Spinach

Taste and adjust the seasoning, then gently stir in the spinach until wilted..

Serve 4 ounce of rice and 10 ounce of red dahl per serving and garnish with Thai basil.