

INDIAN CHICKEN AND COCONUT DAL

SOUTH ASIA
/ INDIA

ORIGINS

One of India's most famous dishes, the origins of the humble Dal date way back to 3000 BC. Archaeological evidence has discovered it was a staple dish made by the Indus Valley Civilization as it was sustaining and easy to prepare from readily available pulses and spices. Still an essential dish in Indian cuisine today, many versions have been made, including vegetables and meats.



4



10 min



20 min



WHAT YOU NEED

- 1/2 pkt (17 g) Indian spice
- 400 ml coconut milk
- 500 g chicken thigh, diced
- 100 g spinach leaves
- 150 g red lentils
- 1 cup chicken stock
- 1 onion, chopped
- 1 lemon, juiced
- 1 tomato, chopped

HOW TO MAKE

- ① Sauté chicken 3 min each and set aside. Sauté onion, 5 min. Add spice, sauté 1 min.
- ② Add lentils, tomato, coconut milk, and stock, Simmer 15 min.
- ③ Add cooked chicken, simmer 5 min.
- ④ Stir in spinach leaves and season with lemon juice.

HOW TO SERVE

Serve with roti or rice and fresh coriander.

HINTS & TIPS

SIDES & CONDIMENTS

Serve with an eggplant or tomato kasundi.

SWAPS & ALTERNATIVES

veggie combos: swap spinach for green beans.
reduce meat: 250 g chicken + 200 g eggplant cubed.
alternative: replace chicken with lamb.

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