



Red Lentil and Paneer Dhal with Homemade Bhatara Bread

Serves 4

Two and a half million Australians now follow a vegetarian diet! With this growing trend, we thought it would be nice to welcome the arrival of spring with a vegetarian recipe inspired by the flavours of India.

TASTE OF SPRING FACT

Our spring recipe re-creates the classic Indian dish of dhal, named after the Indian word for lentils, “dal”. Interestingly lentils are one of the highest sources of vegetarian protein, in addition to being low GI, high in fibre and high in B vitamins. The braised red lentils are combined with the Indian cheese paneer, that when eaten with homemade bhatara bread makes a delicious dish to enjoy with family and friends.

INGREDIENTS

- As Required - Extra Virgin Olive Oil Spray
- 480 gm Paneer Cheese - cut into 2cm dice.
- 20 ml Vegetable Oil
- 140 gm Brown Onion - finely dice.
- 4½ tsp Ground Cumin
- 2¼ tbsp Mild Curry Powder
- 40 Curry Leaves - rinse, drain and lightly bruise.
- 1.8 Lt Cold Water
- 265 gm Red Lentils - rinse and drain.
- 1 Bay Leaf
- 680 ml Tomato Juice
- 40 ml Lemon Juice
- ⅓ Bunch Coriander - pick leaves, rinse, drain and roughly chop.
- 1½ tsp Caster Sugar
- To Taste - Sea Salt and Ground Black Pepper
- 175 gm Self Raising Flour
- 1 tbsp Greek Style Natural Yoghurt
- 20 ml Vegetable Oil
- 60 ml Cold Water
- As required - Vegetable Oil

METHOD

1. Over a moderate heat, generously spray oil a sauté pan. Add the paneer cheese and sauté until each piece is lightly browned on all sides, then remove from the heat, and set to one side.
2. Over a low heat, in a saucepan, heat the vegetable oil. Add the onion and sauté, stirring regularly, until it has softened. Then add the cumin, curry powder, and curry leaves and continue to sauté for a further minute. Add 200ml from the first quantity of water, mix to combine and continue to sauté, stirring regularly for a further 2 minutes.
3. Add the lentils, bay leaf, tomato juice and the remainder of the first quantity of water, mix to combine. Bring to the boil, then reduce the heat and allow to gently simmer for 20 minutes or until the lentils are tender and the sauce has thickened. Add the lemon juice, ¾ of the coriander and the sugar, mix to combine. Season to taste, then remove the pan from the heat, and set to one side.



4. In a mixing bowl, add self-raising flour, yoghurt and vegetable oil, season to taste, then mix to combine. Add water, mix to form a dough, cover with cling wrap. Stand for 15 minutes.
5. On a lightly floured surface, knead the dough until it is smooth, then separate into 8 equally sized pieces. Using a rolling pin, roll each piece into a circular shape 2mm thick. Set the bread to one side to rest for 5 minutes.

TO SERVE

Add the paneer cheese to the dhal (lentil) mixture, mix to combine, place it over a moderate heat and warm through.

Over a moderate heat, in a sauté pan, add oil to a depth of 2cm and heat. Once it is sufficiently hot for frying (160°C) in batches, carefully place the bread into the oil and fry until it has puffed up and it is lightly browned on both sides. Remove from the sauté pan, drain well, then place onto absorbent paper and keep warm.

Place the dhal into individual serving bowls, garnish with remaining coriander, and serve with warm bhatura bread.