

## Indian Curry Dal

We love the flavors of a great Indian curry, particularly the classic dal, cooked up with lentils in a flavorful blend of turmeric, coriander, ginger and garam masala. We're making ours with spinach, kale, and tofu for a delicious dinner that's on the table in less than thirty minutes.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Saucepan with a Cover  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Spiced Onions  
Lentils  
Tofu  
Spinach & Kale  
Simmer Sauce  
Yogurt Spinach Sauce

### Good To Know

Our tofu is organic and non-GMO from a local Midwestern supplier.

**Health snapshot per serving** – 675 Calories, 28g Fat, 71g Carbs, 42g Protein, 9 Freestyle Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Tofu, Lentils, Spinach, Kale, Onion, Garlic, Coconut Milk, Yogurt, Tomato, Cream, Vegetable Stock, Cilantro, Chives, Lime, Curry Powder, Turmeric, Ginger, Coriander, Garam Masala.

meez *meals*

### 1. Cook the Onions and Lentils

Heat 2 Tbsp olive oil in a saucepan over medium heat. When the oil is hot, add the **Spiced Onions** and cook until the onions start to turn golden brown and are aromatic, about 2 minutes.

Turn the heat to high and add the **Lentils**, and 3 cups of water. Bring to a boil, making sure to scrape the bottom for the tasty bits. Lower the heat to medium, cover, and simmer until the lentils are tender, about 25 minutes. Remove from the heat and let sit in the skillet until Step 4

### 2. Sear the Tofu

While the lentils are cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot add the **Tofu** in a single layer with a sprinkle of salt and pepper and let cook, untouched, until tofu starts to brown, about 2 minutes. Stir and cook for another 2 minutes. Set aside for Step 4. Do not wipe out the pan.

### 3. Cook the Spinach & Kale

Add the **Spinach & Kale** to the now empty skillet used for the tofu and cook over medium high, stirring continuously until the spinach is wilted and kale is soft.

Add the **Simmer Sauce** and cook until the sauce is hot, about 3 to 4 additional minutes. Remove from the heat.

### 4. Put It All Together

Transfer the Spinach & Kale, simmer sauce, and tofu to the skillet with the cooked lentils and stir thoroughly. Spoon into serving bowls and top with plenty of **Yogurt Spinach Sauce**. Enjoy!

*After combining the two skillets, the dish should have the consistency of very thick soup. If it is still loose, cook over medium heat until it thickens up a bit more.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**