



Sweet & sour lentil dhal with grilled aubergine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g lentils red rinsed
- ☐ 1 tsp turmeric
- ☐ 1 tbsp tamarind paste (we used Bart)
- ☐ 2 tbsp vegetable oil
- ☐ 1 medium onion thinly sliced
- ☐ 1 garlic clove finely chopped
- ☐ 1.3 inch cm piece ginger grated
- ☐ 1 tsp curry powder

- ☐ 1 medium aubergine cut into 2 cm slices
- ☐ 3 mango chutney and coriander leaves cooked

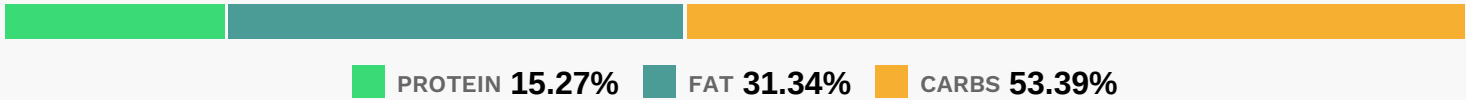
Equipment

- ☐ frying pan

Directions

- ☐ Cover the lentils, turmeric and tamarind paste with 500ml water.
- ☐ Add some salt and boil for 15 mins or until very soft. Skim off any foam that forms on the top. Meanwhile, heat 1 tbsp of the oil and cook the onion, garlic and ginger until golden, about 5 mins.
- ☐ Add the curry powder and cook for a further 2 mins.
- ☐ Pour in the lentil mixture and cook for another 10 mins.
- ☐ Meanwhile, heat a griddle pan until very hot. Rub the remaining oil over the aubergine slices and season. Cook for 2–3 mins each side until cooked through and charred. Eat with basmati rice, lime or mango chutney and a sprinkling of coriander, if you like.

Nutrition Facts



Properties

Glycemic Index:128.3, Glycemic Load:10.58, Inflammation Score:-10, Nutrition Score:26.701739373414%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 412.14kcal (20.61%), Fat: 14.93g (22.97%), Saturated Fat: 2.34g (14.64%), Carbohydrates: 57.25g (19.08%), Net Carbohydrates: 33.08g (12.03%), Sugar: 15.41g (17.13%), Cholesterol: 0mg (0%), Sodium: 14.26mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.37g (32.73%), Fiber: 24.16g (96.65%), Folate: 304.11µg (76.03%), Manganese: 1.43mg (71.6%), Vitamin B1: 0.59mg (39.59%), Vitamin K: 37.14µg (35.38%), Potassium: 1200.98mg (34.31%), Phosphorus: 315.96mg (31.6%), Iron: 5.45mg (30.28%), Vitamin B6: 0.59mg (29.54%), Magnesium: 112.9mg (28.22%), Copper: 0.5mg (25.2%), Zinc: 2.98mg (19.86%), Vitamin B5: 1.81mg (18.11%), Vitamin B3: 3.14mg (15.71%), Vitamin E: 2.33mg (15.55%), Vitamin C: 12.81mg (15.52%), Vitamin B2: 0.23mg (13.35%), Selenium: 5.71µg (8.16%), Calcium: 77.69mg (7.77%), Vitamin A: 85.67IU (1.71%)