



**VEGETARIAN
EXPRESS**



Dal Makhani

Ingredients

- 240g dhal-black urid (black lentils)
- 5g vindaloo paste
- 400g Flora plant cream
- 200g onions
- 10g coriander

Vindaloo paste may contain traces of Peanuts

Method | SERVES 4

- Bring the lentils to the boil with 2 litres of water then simmer for 40 minutes.
- In another saucepan add the vindaloo paste and fry for 2 minutes until fragrant.
- Add finely sliced onions and fry for 2 more minutes.
- Add the lentils, half the Flora plant cream and a pinch of salt.
- Bring back to the boil then reduce until desired thickness.
- Finish with chopped coriander and more salt to taste, then drizzle with the remaining Flora cream.

Typical Nutritional Values

	per 100g	serving 260g
Energy	804kJ 193kcal	2090kJ 502kcal
Fat	13.0g	33.8g
of which Saturated	8.6g	22.4g
Carbohydrate	13.0g	33.8g
of which Sugars	2.1g	5.5g
Fibre	2.9g	7.5g
Protein	6.0g	15.6g
Salt	0.47g	1.17g

Suitable for: Vegan,
Gluten free, Dairy free

Allergens: Mustard

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using cream.

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
700	12	1180

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.