

**FULL
TIME**

GET COOKING WITH
MARCUS AND TOM

This week, let's fill up on...

SPINACH AND PANEER DHAL

40



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INGREDIENTS

- 2 tbsp vegetable oil
- 1 mug of frozen diced onions
- 2 cloves of garlic
- 1 vegetable reduced salt stock cube
- 2 tbsp curry powder
- 1 tbsp tomato purée
- 1 mug of split red lentils
- 2 mugs of water
- 1 sweet potato
- 125g paneer
- 6 blocks of frozen spinach, slightly thawed
- Pepper



Lentils are super cheap and really healthy too. In this dahl, they make a great easy dinner for when you need filling up.

METHOD

01

Heat the vegetable oil in a large deep frying pan over a medium-high heat. Once hot, add the onions and fry for a few minutes until softened and golden brown.

02

Peel and roughly chop the garlic and add this to the pan, then crumble in the stock cube and add the curry powder and tomato purée.

03

Put the mug of lentils in a sieve and rinse them under the tap before adding to the pan. Fill up the same mug with water twice and pour over the lentils. Give it all a good stir.

04

Next, peel the sweet potato and cut it into small chunks. Add this to the pan and let everything simmer so that it's bubbling very gently for 25 minutes.

05

Chop the paneer into small chunks and roughly slice up the frozen spinach, then add this to the pan and cook for a further 4-5 minutes.

06

Spoon into bowls and tuck in.



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