

Moong dal with pumpkin, mango and coconut

Total time **89 mins** 30 mins preparation time 37 mins cooking time 2 mins cooling time

INGREDIENTS

2 portion(s)

Dal:

150 g	butternut squash
150 g	yellow lentils (moong dal)
0.5 tsp	turmeric
350 ml	water
60 g	shallot, diced
100 g	red pepper, diced
1 tbsp	coconut oil
2	garlic cloves, chopped
0.5 tsp	ginger, grated
150 ml	coconut milk
50 g	mango, cut into large cubes
40 g	spinach
1 tbsp	lime juice
2 tbsp	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>

Roti:

150 g	wholewheat flour
20 g	additional flour for dusting
100 ml	warm water
20 g	clarified butter (ghee), melted

Carrot and ginger slaw:

150 g	carrot, coarsely grated
1 tbsp	ginger, chopped
1 tsp	black mustard seeds
1 tbsp	oil
1 tbsp	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>

Decoration:

0.5 tsp	dried chilli flakes
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PREPARATION

Step 1

150 g butternut squash - **150 g** yellow lentils (moong dal) - **0.5 tsp** turmeric - **350 ml** water - **60 g** shallot, diced - **100 g** red pepper, diced - **1 tbsp** coconut oil - **2** garlic cloves, chopped - **0.5 tsp** ginger, grated - **150 ml** coconut milk - **50 g** mango, cut into large cubes - **40 g** spinach - **1 tbsp** lime juice - **2 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce

Peel the squash and cut into large cubes. Cook the lentils with the squash and turmeric in the water for 20 minutes. In a pan, sauté the shallot and red pepper in the coconut oil for 2–3 minutes, then add the garlic and ginger and cook for 30 seconds. Stir in the cooked lentils with the squash, pour in the coconut milk and simmer for 5 minutes. Add the mango and spinach and cook for 1–2 minutes. Season with the lime juice and Kikkoman Less Salt Soy Sauce.

Step 2

150 ml wholewheat flour - **20 g** additional flour for dusting - **100 ml** warm water - **20 g** clarified butter (ghee), melte

Combine 150 g of the wholewheat flour with the warm water and knead the dough for about 5 minutes. Leave to rest for 20 minutes in a bowl covered with a damp cloth or cling film. Divide into 4 pieces and shape into balls. Before rolling out, dust lightly with the remaining 20 g flour, then roll into thin rotis. Heat a dry pan over medium-high heat and cook each roti for 3 minutes on each side until golden bubbles and charring appear. Brush each side with the melted ghee before serving.

Step 3

150 g carrot, coarsely grated - **1 tbsp** ginger,

A few coriander leaves

chopped - **1 tsp** black mustard seeds - **2 tbsp** oil - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **0.5 tsp** dried chilli flakes - A few coriander leaves

Sauté the ginger and mustard seeds in the oil for at least 20 seconds, then remove from the heat and leave to cool for 2 minutes. Add to the grated carrot, season with the Kikkoman Less Salt Soy Sauce and mix well. Garnish the dal with the dried chilli flakes and coriander leaves. Serve with the roti and carrot–ginger slaw.