

Cauliflower Dahl With Mountain Bread Chips

Rating: ★★★★★

Dietary: VEG, EF, NF

Allergens: Wheat, Sesame, Dairy

Age group: 8 months+

Mealtime: Lunch

Difficulty level: Beginner

Serves: 6

Prep: 15 mins

Cook: 30 mins

Cauliflower Dahl With Mountain Bread Chips



Vegetarian



Egg Free



Nut Free

Ingredients

Dahl

- 1 tbsp (20ml) extra virgin olive oil
- 1 brown onion (110g), peeled and finely diced
- 2 garlic cloves (20g), peeled and finely diced
- 1 tbsp (2g) mild curry powder
- 1 cup (180g) dried red lentils, rinsed and drained
- 3 cups (750ml) vegetable stock, low sodium
- 2 tbsp (40g) tomato paste
- 3 cups (300g) cauliflower florets
- 1 cup (145g) peas, frozen

Mountain bread chips

- 4 pieces (100g) wholegrain mountain bread
- 1 tsp (1g) dried oregano
- 1 tsp (3g) sesame seeds
- 1 tsp (4g) chia seeds
- 2 tbsp (40ml) extra virgin olive oil
- 330g natural yoghurt to serve

Method

1. To make the dahl, heat oil in a large pot.
2. Add onion and garlic and sauté for 2 mins then add curry and sauté for another 2 mins.
3. Add lentils and cook for 1-2 mins then add stock and bring to the boil. Leave to simmer on medium heat for 10 mins.
4. Add tomato paste and cauliflower and cook for a further 5 mins until the cauliflower is cooked through.
5. Add peas and cook for another 2 mins.
6. To make the mountain bread chips, preheat oven to 160°C and line baking trays with baking paper.
7. Combine oregano, sesame seeds, chia seeds and oil in a bowl.
8. Slice the Mountain Bread into smaller pieces and lay them out in a single layer on the baking tray.
9. Brush the bread pieces with the oregano-sesame seed mixture and bake in oven for 5 mins or until crisp and golden brown.
10. Serve cauliflower dahl with the chips and yoghurt on the side.

Mandy's serving suggestion: Serve dahl with chips and vegetable sticks (raw & steamed or roasted).

Storing leftovers: Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

Tips

✓ Allergies:

- For a dairy-free version: Swap yoghurt for soy, oat or coconut yoghurt.
- For a gluten-free version: Swap Mountain bread for toasted MindChamps wholegrain gluten-free bread.
- For a sesame-free version: Leave out sesame seeds.

✓ Easy ingredient swaps:

Swap cauliflower for broccoli.

✓ Baby-friendly version:

Serve mashed or in finger food-sized pieces.

✓ For fussy eaters:

- Blend the cauliflower into the sauce. Brush crackers with olive oil only.
- Deconstruct the meal by serving lentil dahl pureed into a soup with cauliflower and peas on the side and crackers and yoghurt for dipping.