

Sweet Potato Dal & Rice Delight

Ingredients

1

LeafSide Sweet Potato Dal Soup

2 servings

of precooked basmati rice (1/2 cup dry

1/3 cup

cilantro

as desired

Non-dairy plain unsweetened yogurt

as desired

Sunflower seeds

Transport yourself to a world of exotic flavors with this winning combination of melt in your mouth sweet potatoes, peppery lentils, and nutty basmati rice. Each spoonful bursts with the warmth of mild curry, while hints of cooling citrus provide a balancing zesty tang. Fluffy basmati is the perfect partner to mix with the creamy cashew-based broth. Delight your palate and nourish your soul with this appetizing aromatic adventure!

Makes 2 Servings

PREP TIME: 10 minutes • COOK TIME: 5 minutes

wheat
free

◇ **Tools Needed:** bowl with lid, microwave

1. Prepare LeafSide's Sweet Potato Dal Soup as directed.
2. While the LeafSide meal steeps, heat the precooked basmati rice and chop cilantro.
3. Add the prepared LeafSide meal to approximately one half of a serving dish, and add the rice to the other side.
4. Top the soup with non-dairy plain unsweetened yogurt as desired.
5. Top the entire meal with cilantro and sunflower seeds as desired.
6. Dish desired portions into bowls.

Other suggested toppings: green onions, coconut flakes, fresh lime or orange juice, jalapenos, cashews



To add more greens, mix 1 cup of baby spinach into the prepared LeafSide meal to wilt.



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