

Dal/Curry with tarka and roti/ rice heating instructions

- Remove the required dal/curry units from the freezer bag and place in a bowl to defrost before re-heating on a gentle heat - add a splash of water if the dal is too thick

If your dal comes with tarka

- In a separate pan, melt the tarka ingredients (oil, leaves and spices) over a medium heat until they begin to sizzle and the spices release their aromas
- Pour this hot oil into the dal and stir together

If your dal comes with roti/paratha

- The rotis (2 per serving) can be reheated in a microwave for a 10-15 seconds or in a dry medium-hot pan for 1min per side
- Enjoy!

If your dal comes with basmati rice

- Place the rice in a microwave-safe bowl and sprinkle a tablespoon of water over the top. Cover the bowl, then microwave in 1-minute bursts until warmed through. Once warm fluff it up with a fork

Serving suggestion:

Make a sambal from finely diced tomatoes and onion to eat alongside the dal/curry and top with some fresh coriander if you have it.