

Coconut lentil dahl

Name it

Name one nutrient in the dhal and the ingredient it comes from.

Season it

Name the vegetable you added. Is it in season right now?
How did it change the dish?

Explain it

Why does adding tomatoes (or lime) to dish with lentils make nutritional sense?

Argue it

How would you encourage someone who has never tried plant-based foods to have this dish? Use one piece of evidence.

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