



Teachers nutritional information sheet

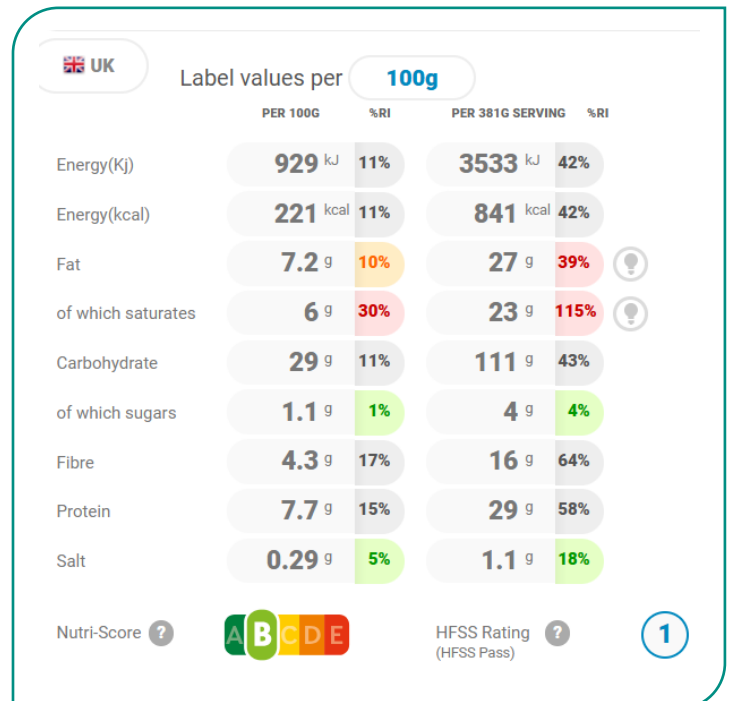
COCONUT LENTIL DAHL

Main recipe

Nutrient	Ingredient(s)
Protein	Lentils, rice
Fat	Coconut oil, coconut milk
Carbohydrate	Rice, lentils
Fibre	Lentils, vegetables
Iron and Zinc	Lentils

Extras

Box	Ingredient(s)
1: Carrots, sweet potato, tinned tomatoes	Vitamin A Vitamin C
2: Mushrooms, courgette	Vitamin D Selenium
3: Spinach, peas, kale	Vitamin K Zinc Iron
4: Lime juice, coriander	Vitamin C



Some extras boxes also add macronutrients and alter the nutritional profile in the picture above which is calculated without optional additions boxes (carbs from carrots and sweet potato; fibre from all vegetables; protein from peas and kale).