



Red Lentil Dahl

Quick and Easy



Ingredients

1 tbsp of Olive Oil
1 Red Onion, finely chopped
2 Garlic Clove, finely chopped
1 tsp Fresh Ginger, grated
½ tsp Dried Chilli Flakes
¼ tsp Cumin Seeds
¼ tsp Coriander Seeds
¼ tsp Mustard Seeds
1 tsp Ground Turmeric
½ tsp Garam Masala
100g Dried Red Lentils
250ml Vegetable Stock
Juice of half a lemon
200ml Tin of chopped tomatoes
200ml Coconut milk
Salt and Pepper for seasoning
Freshly chopped Coriander
1 Handful of fresh spinach

Method

Heat the Olive Oil in a large pan.

Add the onion, garlic, ginger and dried chilli flakes and cook gently for 5 minutes.

Grind the coriander seed, cumin seeds and mustard seeds lightly in a pestle and mortar.

Along with the turmeric and garam masala add the ground seeds to the pan and cook for 2 minutes

Add the lentils, tinned tomatoes, coconut milk and vegetable stock to the pan.

Season with salt and pepper.

Simmer on a medium/low heat for 30 minutes until reduced and thick.

When cooked, add the lemon juice and and spinach and stir in until it wilts.

Serve with warm Basmati Rice, Poppadoms or Naan Bread.

Garnish with freshly chopped coriander.

Note:

This recipe is Vegetarian, vegan and gluten free.

SERVES 2