



RED LENTIL DAHL

EASY, DELICIOUS, NUTRITIOUS

Equipment: Saute pan, wok or large frying pan; saucepan and lid; Pestle and Mortar or spice grinder; Chopping board; Knife; Stove

Ingredients:

- 1 cup Basmati Rice and 2 cups water
 - 1 tablespoon olive oil
 - 2 onions, diced
 - 3-4 garlic cloves, finely chopped
 - 1 tablespoon fresh ginger, peeled and grated
 - ½ finely chopped red chilli (or ½ teaspoon dried chilli flakes)
 - ½ teaspoon cumin seeds; ½ teaspoon coriander seeds; ½ teaspoon mustard seeds; 2 teaspoon ground turmeric; 1 teaspoon garam masala
- [TIP: If you don't have all the spices, just use 3 teaspoons of Garam Masala instead]
- 1 cup (200g) dried red lentils (split), uncooked (rinsed and drained)
 - 1 can (400ml) chopped tomatoes
 - 1 can (400ml) coconut milk
 - 2 cups (500ml) vegetable broth/stock
 - Salt and pepper
 - Juice of half a lemon
 - 2 handfuls fresh baby spinach, washed

Servings: 6

Prep Time 10 mins; Cook Time 25 mins

Diet: Gluten Free, Vegan, Vegetarian

Cost: Around \$15 in total (with rice and Naan bread)

Credit: Kate Hackworthy (<https://veggiedesserts.com/red-lentil-dahl>)



RED LENTIL DAHL

Method:

1. Put rice and water into saucepan, bring to boil, then switch heat off and leave to cook with lid on.
2. Heat the oil in a large pan over a medium heat. Add the onion and cook gently for 5 minutes. Add the garlic, ginger and red chilli and cook for a few minutes.
3. Grind the cumin, coriander and mustard seeds lightly in a pestle and mortar, then add to the pan, along with the turmeric and garam masala and cook for 1 minute.
4. Add the lentils, tomatoes with their juice, coconut milk and broth/stock, then stir to combine. Season with salt and pepper and cook on a medium/low heat for 15-20 minutes until reduced and thick. If you have time, you can leave it a little longer on a very low heat for even more flavour (just stir often and check it doesn't stick).

Taste and add more chilli if desired.

5. Stir in the lemon juice and spinach until it wilts.
6. Serve with rice and freshly cooked Nann bread.

Servings: 6

Prep Time 10 mins; Cook Time 25 mins

Diet: Gluten Free, Vegan, Vegetarian

Cost: Around \$15 in total (with rice and Naan bread)

Credit: Kate Hackworthy (<https://veggiedesserts.com/red-lentil-dahl>)

HOMEMADE NAAN BREAD

Equipment: Mixing bowl; Frying pan

Ingredients:

1 cup (250g) all purpose flour (plain flour)

1 ¼ cups (250g) plain yogurt

2 teaspoons baking powder

¼ teaspoon salt

Method:

1. Mix all ingredients together in a large bowl. You'll probably need to use your hands to bring it all together. Knead it for a minute or so in the bowl until it comes together in a fairly sticky ball. If necessary, add a little more flour to make it manageable.
2. Divide it into six equal pieces. Using a rolling pin dusted with flour, roll each one out onto a floured surface.
3. Heat a frying pan (without oil) until hot. Cook each flatbread for a few minutes on each side until lightly golden spots appear and it puffs up.

Naan bread tips:

You don't need to properly knead the dough, just bring it all together and knead a couple of times to do so.

Roll the dough out nice and thin.

To get the dough thin, flour the counter so they don't stick.

Roll out one naan while another is cooking. If you roll them all out first, then they could get warm and stick to the counter.

Get the pan very hot for best results, to get naan breads to cook quickly.

Make them in a frying pan or griddle pan.

Prep Time 5 mins

Cook Time 10 mins

Servings: 6

Credit: Kate Hackworthy | Veggie Desserts