

Lentil Dahl – NO tomatoes



Ingredients (serves 2):

- Olive oil
- 1 onion, chopped
- 1 garlic clove (peeled and grated)
- 1 carrot, peeled and finely chopped
- 1 red pepper, finely chopped
- 1cm fresh ginger (peeled and grated)
- ½ teaspoon ground cumin
- 1 teaspoon ground turmeric
- 2 teaspoons garam masala
- 1 teaspoon sugar
- 1 teaspoon ground coriander
- 100g dried red lentils
- 200ml vegan stock
- 200ml (half tin) coconut milk
- Salt and Pepper to taste

Make:

1. Heat the olive oil in a pan and cook the chopped onions until soft.
2. Add the spices, sugar, ginger, chopped carrot and red pepper, stock and coconut milk.
3. Season with salt and pepper.
4. Bring the pan to the boil then reduce to a simmer for 20 minutes.
5. 30 minutes before serving, add the lentils, bring back to the boil, then cover and simmer for 30 minutes. Stir occasionally to ensure the dahl doesn't stick to the bottom of the pan.

