

Lentil Dal



2 servings



15 minutes

INGREDIENTS

1 chopped onion

2 tbsps oil

crushed garlic

grated ginger

seasonal greens e.g. chard, spinach, kale

pinch of salt

2 carrots, chopped

250g split red lentils

spices e.g. ground turmeric, garam masala,

chilli flakes

half a can of coconut milk

chopped coriander leaves

DIRECTIONS

1. Fry onion in a little oil until soft
2. Add spices and fry for 2 minutes
3. Add chopped carrot (or other root veg)
4. Add lentils and fry for 1 - minutes, stirring so it doesn't stick
5. Add water to cover the lentils with about an inch on top
6. Bring to a boil, then lower heat to simmer until lentils nice and mushy, stirring regularly to prevent sticking, and help the lentils break down and become creamy
7. Add coconut milk, salt and greens, stirring in to wilt down for 1 -2 minutes
8. Serve with rice and a sprinkle of chopped coriander leaves