

# DAHL

1. Sauté 1 diced brown onion in a really good swing of oil (2 tbsp)

5 mins

2. Add...
  - 3 tbsp ginger
  - 2 cloves garlic

2 mins

3. Add...
  - 3 Cups veggie stock
  - 1 Cup red lentils (rinsed)
  - 1 Teaspoon turmeric

Bring to the boil then simmer - 15 mins

4. In another pan...
  - Heat 2 tsp ghee (or coconut oil)
  - 1½ tsp cumin seedsStir lots

When cumin is sizzling...

- Add 1 tsp cayenne pepper
- 2 cloves diced garlic

Sauté till fragrant - 2 mins

5. Whisk the dahl a bit, add the oil and 4-5 diced tomatoes

Simmer - 5-10 mins

6. Season with salt

- Serve with coriander and yogurt
- Good with flatbread

