

# Masala Lentils



Serves: 4

Time: 65 min

## Instructions

- 1:**  
Boil the lentils in the water for around 30 minutes, until tender.
- 2:**  
While the lentils cook, heat the oil in a frying pan and fry the onion until golden in colour.
- 3:**  
In a blender or spice grinder, combine the garlic, spices and 2 tbsp water. Add this paste to the onions in the frying pan and cook until fragrant. Add in the tinned tomatoes and a pinch of salt.
- 4:**  
Add the tomato mixture to the cooked lentils and cook for 2 minutes, then serve, garnished with the fresh coriander.

## Ingredients

- 150g**  
Brown lentils, washed thoroughly
- 250ml**  
Water
- 2 tsp**  
Oil
- 1**  
Onion, red or white, chopped
- 6**  
Cloves of garlic
- 1/2 tsp**  
Ground cumin
- 1/2 tsp**  
Ground cardamom
- 2 tsp**  
Ground coriander
- 1/2 tsp**  
Ground cinnamon
- 1/2 tsp**  
Fenugreek leaves
- 1 tsp**  
Paprika
- 1/8 tsp**  
Ground cardamom
- To taste**  
Chilli flakes
- 1/2 tin**  
Chopped tomatoes
- 2 tbsp**  
Chopped fresh coriander