

Fragrant Dahl with Chickpeas, Zucchini and Spinach



Serves 6

Ingredients

- 1 Tbs oil
- 2/3 cup spring onion
- 2 cloves garlic
- 1.5 Tbs ginger, freshly grated
- 1 red chilli, finely chopped
- 1 heaped tsp turmeric
- 1 heaped tsp garam masala
- 1 tsp ground cumin
- 3 cups split red lentils
- 2 zucchini, grated
- 1.2 litres water
- 3 cups roughly chopped spinach
- 1 x 400g can chick peas
- 1x 400 ml can Coconut milk
- 1 tsp tamari or soy sauce
- 1 Tbs oil
- 1 tsp chilli flakes
- 1.5 tsp cumin seeds

Directions

Heat Tbs of extra virgin olive oil in the base of a wok or large pot. Add onion, garlic, ginger, chilli, turmeric, garam masala and ground cumin. Fry for a couple of minutes on medium heat until fragrant. Add the lentils and fry for 30 seconds before adding the zucchini. Continue to cook for a further minute and then add the water.

Cover and leave to simmer for 15 minutes. The lentils should now be breaking down and you can add the spinach, drained chickpeas, soy sauce and coconut milk (reserve a couple of tablespoons for serving). Cook for a further 10 minutes to thicken up again.

Meanwhile, heat the remaining oil in a small pot or fry pan and add the chilli flakes and cumin seeds cook for 30 seconds or until fragrant and then add the oil and spices to the dahl. Stir through. Taste and season with extra soy sauce if needed.

Serve over rice with a swirl of coconut milk and a sprinkle of spring onion.