

Sandy's Lentil and Spinach Dahl Recipe

The Ingredients



You could add an extra onion or use cardamom seeds instead of powder

Step 1 - The Broth



Boil the veggie stock in a saucepan

Step 2 - The Onions



Lightly fry a finely chopped onion or two for five minutes in a frying pan.

Step 3 - The Garlic and Lentils

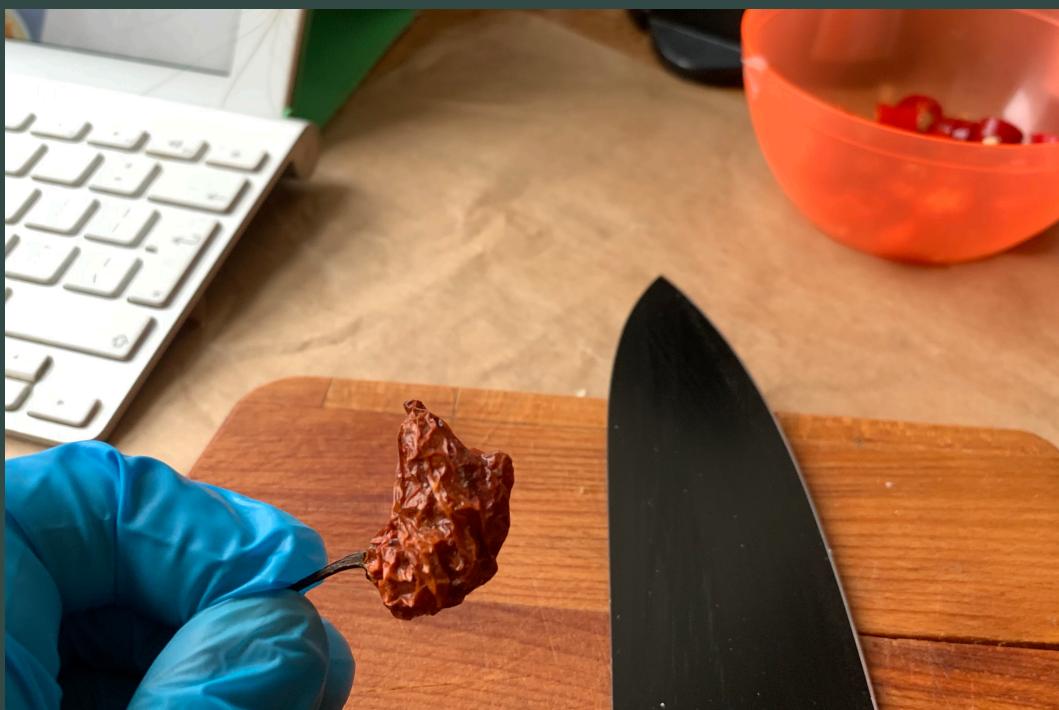


About a whole garlic clove - Lidl's jarred stuff is good. Add them to the frying pan. Add about 250g of lentils to the broth at this point. Crush and chop before adding.

Step 4 - The Chillies



Two or three chopped red chillies into the pan after another few minutes.



If you're up for it, one naga ghost chilli chopped and into the pan too. Use Latex or nitrile gloves at this point and clean the knife and chopping board thoroughly afterwards.

Step 5 - The spices



Add the cardamom, garam masala, turmeric, and coriander

Step 6 - Tomatoes



Add a can of chopped tomatoes to the frying pan

Step 7 - Coconut and Simmer



Add the lentils, 100 or 200ml of coconut milk to the pan and let it simmer for 25 minutes.

Step 8 - Spinach and Lemon



Throw in half a bag of supermarket spinach, chopped, and a bit of lemon juice

That's it

Let it cook little more with the spinach in it and that's it!



Serving suggestion: Basmati rice fried with Himalayan salt, coriander, mustard seeds, cumin, and turmeric