



1-pan lentil dahl

takes less than 30 mins to make



SERVES: 2 PREPPING TIME: 5-10 MIN COOKING TIME: 20-25 MIN

INGREDIENTS

- 1 tablespoon oil
- 1 onion
- 1 teaspoon ginger
- 1 teaspoon garlic
- (fresh or dried)
- 2 teaspoons of spices, e.g.
- 1 teaspoon curry powder
- 1 teaspoon cumin
- 100g / half mug red lentils
- 300ml / 1 ½ mugs water
- 1 stock cube
- + you can add:
- tinned veg / tinned
- tomatoes

DIRECTIONS

1. Rinse red lentils with water & drain.
2. Peel and finely chop onion, garlic & ginger.
3. Heat pan on medium heat, add oil & fry onions gently for 7 minutes, until soft.
4. Add garlic, ginger, curry powder & cumin and cook for 1-2 minutes (add other spices you have now).
5. Add drained lentils, water and stock cube and bring to boil, (add extra veg in now).
6. Turn down heat & cook with lid on for 15-20 minutes. Add a little more water if it looks too dry.

Serve with rice or bread

TIP - You can soak lentils in water for an hour or more to reduce cooking time

Step-by-step Lentil dahl



1. Rinse red lentils with water & drain.



2. Finely chop onion, garlic & ginger.



3. Heat pan on medium heat, add oil & fry onions gently for 7 mins, until soft.



4. Add garlic, ginger, curry powder & cumin, cook for 1-2 minutes + other spices you have.



5. Add drained lentils, water & stock cube and bring to boil + add extra veg in now.



6. Turn down heat & cook with lid on for 15-20 minutes. Add a little more water if too dry.

