

Lentil dhal

Ingredients

1 tbsp sunflower oil
1 onion,
1 garlic clove,
1 thumb sized piece of ginger
1 tsp ground coriander
1 tsp ground cumin
1 tsp ground turmeric
 $\frac{1}{2}$ tsp cayenne pepper
400g can chopped tomato
2 vegetable or chicken stock cubes
1 heaped tbsp mango chutney
300g red lentils

Aim Higher

Try adding sweet potato or butternut squash to add a varying texture.
Add a coriander garnish

Equipment

All equipment is provided by school

**** Remember to bring a container from home to put it in ****

Method:

1. Peel and chop the onion, garlic and ginger. Cook the onion for 5 mins in a saucepan, then add the garlic, ginger and spices and cook for a further 1 min.
2. Tip in the chopped tomatoes, stock cubes, 1.2 litres of water and chutney, and season well. Bring to the boil, then gently simmer for about 10 mins.
3. Add the lentils and simmer for another 20 mins until the lentils are tender.