

Red lentil dahl

Serves: 4

Prep time: 10 mins

Cook time: 20 mins



Ingredients

- 1 tbsp olive oil
 - 1 onion, finely chopped
 - 1 tsp ground cumin
 - 2 tsp curry powder
 - 1 cup split red lentils
 - 2 tsp salt-reduced vegetable stock powder*
 - 4 cups water
 - ¼ cup fresh coriander, roughly chopped (optional to serve)
- * Gluten free if using gluten-free stock

Methods

Step 1: Heat oil in a large saucepan over medium heat. Add onion and cook, stirring, for 3-4 minutes or until onion is soft and translucent.

Step 2: Add the ground cumin and curry powder and cook, stirring, for 1 minute.

Step 3: Add the remaining ingredients (except the coriander) to the saucepan and bring to the boil. Reduce heat to medium and simmer, covered, for 20 minutes or until lentils are tender and liquid has reduced to make a thick dahl.

Step 4: Sprinkle with coriander if using and serve.

Serving suggestion: serve dahl on its own or with brown rice or roti.

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