

Red Lentil Dahl - mild



Serves 4-6 people generously

Ingredients:

250g red lentils, soaked and rinsed
120g white (Spanish) onions, peeled, chunky diced
240g red onions, peeled, diced
30g/2oz ghee, butter, clarified butter or 3 tbslp vegetable oil
4 cloves of garlic, finely chopped or blitzed
1 red chilli, deseeded, finely chopped (alter according to your heat tolerance!)
90g, or 4 fat inches ginger, grated or blitzed with skin on
1 packet of *GREEN SAFFRON Red Lentil Dahl Spice Mix*
400ml/1 tin tomatoes, chopped
1tsp sugar
200ml coconut milk
300ml/1 pint vegetable stock (or water)
Juice of 1 lime
Coriander, finely chopped

How to make your meal:

1. Soak the lentils for about 10 minutes.
2. Meanwhile, heat the ghee, butter (or clarified butter, oil) in a large casserole dish or saucepan on medium and sweat the onions, garlic, chilli and ginger together.
3. Next, add the packet of Red Lentil Dahl Spice Mix and fry for a couple of minutes.
4. Add the tins of tomatoes, sugar and coconut milk and simmer for about 5 to 10 minutes, stirring occasionally.
5. Rinse the red lentils well and add to the pot. Simmer, adding the stock (or water) bit by bit as it's absorbed. Stir occasionally to prevent it from sticking. Cook on a medium heat for about 15 to 20 minutes.
6. Stir in the lime juice, sprinkle with fresh coriander and serve immediately ...simple!

Serving suggestion:

Serve with mounds of Indian Basmati rice and riata or Indian breads.

Remember:

This recipe has been tried and tested by the Green Saffron Masaalchi and is pretty much guaranteed, but if you want to change the quantities of a couple of ingredients go for it....experiment and enjoy your cooking. With Green Saffron spices you can't go wrong!!!