

# DAHL

This is a high fibre, warming and filling meal. Slightly less protein than others, but you could enjoy some yoghurt with berries afterwards to bump that back up. Once you've established a base recipe with the right spice mix and veggies you enjoy this will become a favorite. Always better on the second day, it really benefits from a batch cook.

Makes 4 – 6 Servings

Per serve – Calories 357, Fat: 15g, Carbs:38g, Protein 18g

## INGREDIENTS

1 cup of dried red lentils - rinse first

2 tablespoons olive oil

1 onion, diced

1 knob of fresh ginger finely grated or 1 tablespoon of minced garlic

3 garlic cloves sliced or 1 tablespoon of minced garlic

Spice Mix - I used ½ teaspoon turmeric, 2 teaspoons of ground cumin, 1 teaspoon ground coriander, ½ teaspoon of cayenne pepper, 1 teaspoon of garam masala, 1 teaspoon of fresh chili

Salt and pepper - be sure to add enough salt or it will taste bland

2 cups of veggies - frozen is fine - I used sweet potato, pumpkin & carrot

1 teaspoon of tomato paste

1 can of tomatoes

400ml of light coconut milk

2 cups of chicken broth

2 cups of spinach

## DIRECTIONS

1. Wash and rinse lentils then leave soaking in water while you prepare
2. Gently heat the olive oil then add the onions, saute 3-4 minutes until transparent
3. Add the ginger and garlic, cook for 2 minutes
4. Add the spices and saute for 2 -3 minutes, the mixture should be aromatic and darkening in colour
5. Add the veggies other than the spinach
6. Add the tomatoes, tomato paste, coconut milk and broth simmer for 5 minutes
7. Drain and rinse the lentils and then add them, cover pot and allow to simmer gently

8. Cook until the lentils are soft – 30-45 minutes
9. Add the spinach which will wilt and if feeling fancy garnish with coriander leaves
10. Serve with 1 cup of cooked rice or quinoa