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Green Lentil Dahl

OWN - Only When Nourished



THIS WEEKS RECIPE;

By Leni Wood

GREEN LENTIL DAHL

This is one of my favourite go to recipes. It is so simple to make and if you make extra you can box it up and keep it in the fridge for lunches and dinners throughout the week.

It is gluten and wheat free and dairy free.

The lentils are especially good for digestive health and heart health. Also providing plenty of healthful vitamins and minerals.

By adding rocket you are adding in a liver detoxifier to your meal!

Ingredients

1 garlic clove
1 tspn turmeric
Black pepper
1tblspoon garam masala
1/2 tsp chipotle chilli flakes
Pinch of salt
Vegetable stock cube
Ginger (around a thumb)
350gms green lentils
Coconut Milk
Tomato tinned
Red onion
Chestnut mushrooms
Green Beans



RECIPE

Crush the ginger & garlic.

Add with it the garam masala, salt, chilli, turmeric and black pepper. Make a paste. Slice the onion and add to 2 tablespoons of heated oil (i used olive oil). Let the onion to sweat.

Add in the ginger spice mix. Let all bind and cook together for a couple of minutes. Add a splash of water if too dry.

Add the sliced mushrooms let cook together. Add in the rinsed green lentils and stir in with the mushrooms, onion and spices.

Pour in the coconut milk.

Add in 1/4 - 1/2 tin of chopped tomatoes.

Add in chopped green beans.

Let all cook together for around 40 minutes or until the lentils are al dente.

Serve up with your favourite veggies, chapatti or simply have on its own.

Bon Appetite!

Leni xx