

Veggie Dahl (Lentil Curry)

This is a quick and simple curry recipe for a filling, tasty meal. Once you've mastered the basic method, you can use it to start off any curry dish. Add spice at the table, rather than to the pot, to keep everyone happy.

Serves: 4 **Time:** 15 minutes prep. 35 minutes cooking

Ingredients

- 1 tablespoon oil, butter or spread
- 1 medium onion (sliced)
- 30g root ginger (peeled and finely chopped or grated)
- 2 cloves of garlic (roughly sliced)
- 3 teaspoons of aromatic spices like garam masala or curry powder, or use a combination of spices like ground coriander, turmeric and cumin
- 150g red lentils
- 400g tinned tomatoes
- 400g tinned chickpeas (drained)
- 1 small head of cauliflower, cut into florets around 2 inches big. Cut the stalk into small pieces and shred the leaves.
- Optional: a couple of chillies (sliced)



Top Tip

Red lentils often stick to the pot. If they do burn, take care not to stir that bottom layer into the rest of the dahl, which will still taste great. Soak the pot asap to loosen the burnt bits.

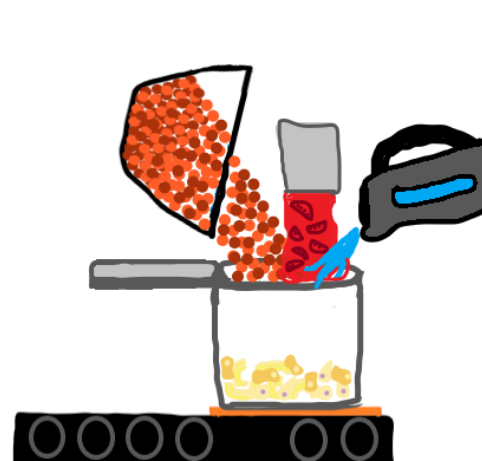
Serving Suggestions:

- Dollop some plain yoghurt on top or stir through.
- Serve with naan bread or a little rice.
- Add any pickles or chutneys, or chilli flakes if you like it spicy.

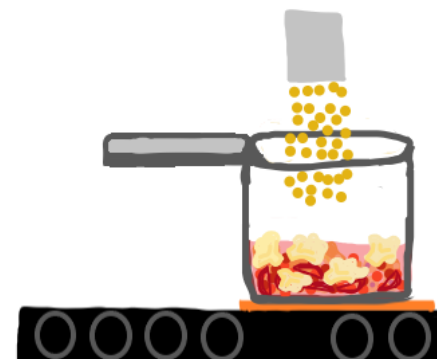
Substitutions

- Not a huge fan of cauliflower? Try chunks of potato, sweet potato, squash or broccoli. (You could add these veg as well as cauliflower!)
- No chickpeas? Use tinned beans like kidney, haricot, butter or cannellini, or add more lentils.

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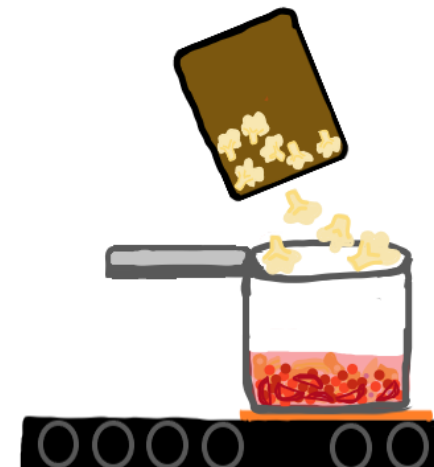


5. Add the lentils, tomatoes and half a pint of water. Leave to simmer (just below a bubbling boil) for 15 minutes. Stir every so often to keep the lentils from sticking to the bottom of the pot. Turn the heat down if this starts to happen and add more water if the lentils start to look dry.



7. Tip in the drained chickpeas, stir until warmed through and taste a spoonful of the sauce. It will need a fair amount of salt; start with half a teaspoon and add a little more as needed.

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6. Add the cauliflower, cover the pot and cook for another 10 minutes or so, until the cauli florets are tender (a fork should push in quite easily) and the lentils are mushy. If you're using other veg, bear in mind the different cooking times needed for different veg to soften.



8. Serve and enjoy!

Leftovers can be stored in the fridge for up to three days and reheated on the hob or in the microwave.

VEGGIE DAHL (LENTIL CURRY)



1. Prepare your vegetables



2. Rinse the lentils by placing them in a bowl and covering them with cold water. Swirl the lentils and pour out the water. Repeat 2 or 3 times, until the water runs clear instead of cloudy.



3. Heat the oil, butter or spread in a large saucepan over a low to medium heat and fry the onions until softened (8-10 minutes). They will go see-through when soft.



4. Add the ginger, garlic, chillies (if using) and ground spices. Stir to keep everything moving for about one minute. It should smell great!

Recipe info

Typical ingredients cost: £2.25

Typical fuel cost: £0.03 gas / £ 0.09 electric

This collection of recipes has been created by staff and volunteers at The Roundhouse Community Kitchen in Dundee. We turn unwanted food into tasty meals that support people when they need it. We want to encourage a love of great, home-cooked food, to nourish bodies, save pennies and share skills.

We'd love to see what you've been whipping up in your kitchen. Share photos, tips and questions with us on facebook or Instagram.

We are @roundhousekitchen

Enjoy your kitchen!

