

Lentil Dahl

Serves: 8 | Detox Recipe | Gluten Free | Vegetarian | Mains



INGREDIENTS

2 cups of red lentils
2 brown onions
4 cloves of garlic
4 tbsp ghee

Spices

2 tbsp black mustard seeds
1 tbsp turmeric
1 tbsp ground ginger
1 tbsp ground cumin
1 tbsp ground coriander
1 tbsp smoked or sweet paprika
1 tbsp garam masala
1 tsp salt

METHOD

1. Soak lentils overnight in filtered water.
2. Drain lentils through a sieve.
3. Peel and dice onions finely.
4. Slice garlic finely.
5. Add ghee to a big pan.
6. Add mustard seeds until they start to pop.
7. Add all the other spices and salt, cook for 1-2 minutes until fragrant.
8. Add onion and garlic and cook until caramelised, stir regularly.
9. Add lentils and water to cover (about 5 cups).
10. Simmer on low for 1 hour, adding more water as needed.

Serve with yoghurt, coriander, brown rice and steamed bok choy.

Did you know?

Lentils have 8g of fibre and 9g of protein per 100g. They are an inexpensive source of protein, great for your body and for the planet!