

make
your
own...

This dish created by:



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Lentil dhal

Ingredients

- 250g red lentils
- 1 x large white onions
- 3 x garlic cloves
- 100g fresh tomatoes
- 2 x tsp Garam masala
- 1 x tsp cumin seeds
- 1 x red chilli
- 1 x cinnamon stick
- 1 x tsp turmeric
- 1 x thumb size piece of fresh ginger
- 1 x tsp salt
- 1 x vegetable stock cube
- 1 litre water
- 25 ml veg oil
- 1 x small bunch coriander

Method

In a blender, add onion, garlic, ginger, tomatoes, chillies and spices apart from cinnamon. Pulse but not completely puree.

Add oil to pan and heat. When oil is hot, add the blended mix to the pan and cook out for 4mins.

Add lentils and stock, bring to the boil, then simmer for at least 1hr, until lentils have absorbed stock and are cooked through and soft.

Add salt and chopped coriander

Check for seasoning then serve

Serves 6
Suitable for Vegans