Tinned lentil dahl

This recipe makes tinned lentils even more exciting! A great way to trust your spice skills and add to the gut health of every child.

Makes: 6 snack sized portions • Preparation time: 25 minutess

Ingredients

- 2 tbsp cumin seeds
- 4 tbsp sunflower oil
- 2 onions
- 4 tsp garlic paste
- 2 tsp cumin
- ¼ tsp chilli flakes
- 1 tsp turmeric
- 1 tsp ground coriander
- 1 tin green lentils in water
- 400ml tin coconut milk
- 1 tbsp ginger paste
- 1 tbsp lemon juice/vinegar
- 3 carrots
- small bunch of coriander
- dill or mint (optional)

Method

1. Slice the onions and fry in oil along with the garlic paste. Heat on low, fry for 10 minutes until soft.
2. Add the cumin seeds, ground cumin, chilli flakes, turmeric and coriander, then stir for 2–3 minutes until fragrant.
3. Pour in the lentils, including the tin water, and coconut milk.
4. Add in the ginger paste. Coarsely grate the carrots, then add to the pan.
5. Simmer for 10 minutes, stirring regularly. May need to reduce heat.
6. Taste, add extra spices if you think it needs more, then when ready add lemon juice/vinegar.
7. To assemble, spoon the lentils onto plates. Sprinkle over the fresh herbs.

Equipment

- Tablespoon and teaspoon
- Grater
- Wooden/Plastic cooking spoon
- Large pan
- Chopping board
- Sharp knife
- Mixing bowl

Top tips

- Use frozen, chopped onions to save on some time but they might be more expensive.
- You could swap out fresh herbs for dried herbs if you like.
- Serve with some wholemeal chapatti or roti's to scoop up the dahl.