

QUICK AND EASY DAHL



INGREDIENTS

1 large onion, peeled and diced	350 grams tomatoes, chopped
2 large cloves garlic, peeled and sliced or crushed	200 grams (1 cup) red lentils
2-3 cm piece ginger, peeled and finely diced	400 grams tin coconut milk or cream (the cream gives a richer, creamier consistency)
1 large carrot, grated	350 ml (1 ½ cups) water, chicken or vegetable stock
1 small zucchini, grated	3 tablespoons almond meal
1 teaspoon cumin seeds, whole	Dried chilli, to taste
1 teaspoon cumin seeds, ground	Sea salt, a good pinch (or more to taste)
1 teaspoon coriander seeds, ground	1 lime, juice and zest to finish
2 teaspoon mustard seeds	Bunch of coriander, roughly chopped
2 teaspoon garam masala powder	Black pepper, to taste
1 teaspoon turmeric powder	

INSTRUCTIONS

In a medium sized pot, over a low to moderate heat, add a little coconut oil or ghee. Sauté the onion, garlic, ginger and spices for two minutes. Now add the grated carrot, zucchini, tomatoes, lentils, coconut milk, water and almond meal. Season well, stir and leave to simmer for 15 to 20 minutes until the lentils are cooked and most of the moisture is absorbed. Finish with coriander leaves and lime. Season with pepper and / or chilli.

Variations

Adjust as for specific tastes, requirements or intolerances. I never make this recipe with all the ingredients.

- Nut-free - Just leave the almond meal out.
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