

# RED LENTIL DAHL

Prep: 10 mins Cook: 20 mins Total: 30 mins Servings: 8 servings

## Ingredients

1 tablespoon Olive Oil	1 1/2 cups dried red lentils
1 large brown onion, chopped small	400g can diced tomatoes
5 cloves garlic, minced	400 ml can full fat coconut milk
1 tablespoon fresh ginger, peeled and grated	3 cups Veggie Broth
1 tablespoon garam masala	1 teaspoon salt, or to taste
1 teaspoon ground turmeric	half a lemon, juiced
1/2 teaspoon red pepper chili flakes	3-4 cups baby spinach

**For serving** 4 cups cooked brown or white rice, naan bread

## Method

1. In a large pot or pan over medium heat, sauté the chopped onion in the olive oil for 5 minutes, stirring frequently. Then add the garlic and ginger and cook 1 more minute, until fragrant.
2. Add the garam masala, turmeric and red pepper flakes to the pan and stir into the onion mixture. Add a few tablespoons of water to the mixture.
3. Now add the dried lentils, canned tomatoes and their juices, coconut milk and vegetable broth to the pan. Stir well and turn the heat to high. Bring to a boil, then lower heat and simmer for about 15 minutes, until the lentils are cooked and soft. Stir occasionally.
4. Squeeze the lemon juice into the pan, and stir in the spinach as well until wilted. Add salt to taste. I used 1 teaspoon.
5. Great on its own with naan bread or served with brown or white rice, or even over potato.



