



Quickest ever Dhal

Time: 40 mins

Serves: 4

Ingredients

100 g red lentils

1 ½ cup filtered water or bone broth/stock

½ tsp turmeric

freshly cracked black pepper

juice of ½ lemon

1 tbs extra virgin olive oil

100 g red lentils

1 tbs ghee or butter

¾ tsp cumin seeds

1 small onion, chopped

4 fat garlic cloves, finely chopped

2 small tomatoes, chopped

2 tsp ground coriander

¼ tsp chilli powder

Method

Bring the lentils to a boil in a saucepan. Once the scum rises to the top, skim it off and add the turmeric and pepper and leave to simmer for 10 minutes.

While the lentils are cooking, heat the oil and ghee or butter in the frying pan and add the cumin seeds. Once darkened, add the onions and cook until soft. Add the garlic and cook gently for a minute, then add tomatoes and spices and cook until the tomatoes are softened (about 15 minutes).

Add the cooked lentils and cook for another 6-8 minutes until the whole thing comes together. It should neither be too thick nor too watery. Adjust the seasoning (may need a bit of salt) and add the lemon juice.

Serve in warmed bowls, topped with Greek yogurt and coriander leaves.