

ONE POT DAILY DHAL

Servings 6/ total prep and cooking time 40 minutes

The beauty of this recipe is its simplicity and the way the flavours evolve depending on what left over veggies you put in it. A great way to use up any left overs you have lurking in the fridge. I encourage you to play with the spices, to make it hotter or milder depending on who you are feeding or how you're feeling. This recipe also freezes well, just defrost and you have a healthy meal for the whole family on those nights when you just don't have the time or the energy.

INGREDIENTS

2 tbsp coconut oil (any oil will do)

1 onion peeled

3 cloves garlic peeled

1 tbsp fresh ginger grated

1 tbsp Curry powder

½ tbsp cumin

1 tsp turmeric

¼ tsp chilli powder

½ tsp cinnamon

3 potatoes peeled [normal or sweet potatoes]

2 carrots peeled

4 tomatoes

200 gr [1 Cup] red lentils rinsed

1 litre vegetable stock

A handful of fresh coriander

salt and pepper to taste

DIRECTIONS

Heat the oil in a large pan over a medium low heat.

Finely chop the onion and garlic and add to the pan with the ginger and spices. Sauté for five to 10 minutes until the spices are released and the onions begin to soften.

Meanwhile cut the potatoes and carrots into small cubes, add them to the pan and sauté for a further 5 minutes.

Add the lentils and the vegetable stock and season with salt and pepper to taste.

Bring to the boil, reduce heat and simmer for about 30 minutes or until the lentils are cooked , stirring from time to time so the dhal doesn't stick or burn.

In the last five minutes of cooking finely slice and stir in the tomatoes.

finally top with fresh coriander leaves and stalks [coriander stalks contain more flavour than the leaves, never throw these away! use them on your dhal or save them for salad dressings or stocks]

This dish is great enjoyed on its own with warm bread or as a main meal served with rice or quinoa.

Never pass up the opportunity to add more leafy greens to your diet, try adding a handful of spinach or kale to your dish for extra Essential vitamins.

Why not try this dish with other vegetables? it works great with courgettes, cauliflower, Peppers and any greens. Make this dish your own by using yours and you're Family's favourite vegetables.