



LENTIL, TOMATO & COCONUT DHAL

Prep. Time: 10 mins

Cook Time: 40 mins

Stir up a tasty midweek meal with this lentil dhal. It's fragrant with spices and a great alternative homemade curry. Keep it vegan or get creative by adding some pan fried prawns as a great seafood alternative.

INGREDIENTS:

Garam Masala

- 2 tsp Coriander seeds
- 2 tsp Cumin seeds
- 1 Cinnamon stick
- 4 Cloves
- ½ tsp Peppercorns
- 4 Cardamom pods
- 2 Star anise
- 2 Bay leaves
- 1 to 2 tsp Chilli flakes, depending on taste

Dhal

- 1 tbsp Sunflower oil
- 1 Medium onion, finely diced
- 5cm Piece root ginger, peeled and finely chopped
- 2 Garlic cloves, finely chopped
- ½ tbsp Garam masala
- ½ tbsp Mustard seeds
- 125g Red lentils, rinsed
- 1 Small sweet potato, peeled and cubed
- ½ Small cauliflower, small florets
- 1 tsp Vegetable bouillon powder (dissolved in 500ml of hot water)

DIRECTIONS:

Garam Masala

- 1) Set the timer on the Soup Maker for 5 minutes and the temperature to Sauté. Add the spices and toast without oil until they start to smell aromatic.
- 2) Once the spices are toasted, grind in the Spice Grinder and reserve.

Dhal

- 1) Set the timer on the Soup Maker to 5 minutes and the temperature to Sauté. Add the sunflower oil, onion, ginger and garlic and sauté, stirring occasionally.
- 2) Set the timer on the Soup Maker to 15 minutes and the temperature to High. Add the Garam Masala and mustard seeds. Using the Stir function, combine with the other ingredients.
- 3) After stirring add the sweet potato, vegetable bouillon stock, tomatoes and coconut milk.
- 4) Stir again to combine all the ingredients.
- 5) Continue to cook on high for the remainder of the time, stirring occasionally.
- 6) Set the timer on the Soup Maker for a further 15 minutes and temperature to High. Add the lentils and cauliflower and continue to cook, stirring occasionally.
- 7) Once the cooking time is completed check to ensure all the vegetables are cooked. If necessary leave to stand for a minute or two before serving.

To Serve

200g (½ tin) Chopped plum tomatoes
100ml (¼ tin) Coconut milk
Sea salt and freshly ground black pepper

- 1) Place in each bowl a portion of the basmati rice and dhal. Evenly share the pan fried prawns.
- 2) Garnish with the coriander leaves, sliced chilli and a lime wedge.

To Serve

150g Basmati rice, boiled
12 King prawns, freshly pan fried
1 Lime, quartered
Small handful of fresh coriander leaves
1 Chilli, sliced
