

Coconut Lentil Dahl

A recipe from Claire Barnes



Ingredients

- 400g tin of green lentils
- 400g tin of chopped tomatoes
- 2x 400g tin of coconut milk
- 1 onion
- 4 garlic cloves, peeled and chopped
- 1 tsp ground cumin
- 1 tsp curry powder
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp chilli powder

Method

Place a pan over a medium heat.

Add the chopped onion with olive oil and salt and pepper and let that cook for 5 minutes before adding the garlic and spices, followed by the chopped tomatoes. Stir well, letting the onions, garlic and spices fry together for a few minutes before stirring through the lentils, followed by the coconut milk.

Bring the mix to the boil, before reducing to simmer over a low temperature.

Leave to cook, uncovered, for about 1 hour until thick and creamy – making sure to stir it every 10-15 minutes, ensuring it doesn't stick to the bottom of the pan and adding a splash of water if it feels like it's drying out.

Once cooked, stir through a little more salt and pepper and serve.

*Dish may not look like image used