

# Red Lentil Dal

An all time favourite of ours, this recipe for dal is so versatile, straightforward, and extremely delicious. It can be eaten by itself, with rice as a full meal, with extra veg, or even as a side dish!

## Let's get cooking

1. Chop the onions into small pieces, it doesn't need to be too fine. Put a medium sized pot on the hob, on a low temperature/flame. Add 2 tbsp of oil or butter, 2 tsp salt and some pepper. Add the onion and cook until soft, trying not to brown it. This will take around 10 minutes.
2. Add the lentils, ground cumin and ground turmeric (pot 1) to the pot and cook for 1 minute. Add 2 litres of water, or enough to cover the lentils by 3cm. Bring to a simmer then turn the heat down, cover the pot with a lid and cook. Give the mixture a good stir every 10 minutes to make sure the lentils are not sticking and that there is enough water. Add more if needed, it should be the texture of thick soup. The lentils will take around 40 minutes to cook. When done, the lentils are soft, with no bite when you taste and should have a creamy consistency.
3. While the lentils are cooking add the rice to a medium sized pot, along with double the amount of cold water. You can measure this using the pot the rice was in. Bring to boil, then turn the heat down and cover with a lid. Cook for around 15 minutes.
4. To finish, melt 2 tbsp of butter or oil in a separate frying pan. When it is sizzling add the cumin seeds and chilli flakes (pot 2) along with 1 tsp of salt. Chop the clove of garlic into small pieces and add to the pan. Cook for a minute or two, then stir it through your lentils. This step really makes the dish.
5. Serve with rice and tuck in!

**Feeds 4**

**Meal kit contains:** lentils; rice; onion; garlic; turmeric; cumin; cumin seeds; chilli

**Allergens:** none

**Date packaged:** / /

**Use by:** / /

## Ingredients:

240g red split lentils  
240g rice  
2 red onions  
1 clove of garlic

### Pot 1

1 tbsp turmeric  
1 tbsp ground cumin

### Pot 2

2 tbsp red chilli flakes  
1 tsp ground cumin

### Extra ingredients you will need:

Oil or butter  
Salt  
Pepper

# Enjoy!