



COURTNEY'S RED LENTIL AND SPINACH DHAL

INGREDIENTS

1 Tbs Peanut Oil
2 Brown Onions
1 Garlic clove
1-2cm Cube ginger
1 Tbs Ground Coriander
1 tsp cumin
1 tsp Turmeric
¼ tsp Cayenne Pepper
2 Cups red lentils (rinsed)
400g tinned Crushed tomatoes
50g baby spinach
Fresh coriander
Flat bread
Greek yoghurt
Water
Salt to taste

METHOD

1. Cook onion, ginger and garlic in a little oil
2. Add spices and fry until fragrant
3. Add lentils, tomato, 2.5-3.5 cups of water
4. Bring to boil and then simmer 20 mins. Taste and add salt if desired
5. Divide in to bowls. Top with fresh coriander, Greek yoghurt and serve with flat bread of your choice. Enjoy!

Adapted by Courtney Salter from an original recipe from a long lost Indian cook book... If anyone recognizes it please let me know so that I can credit appropriately!