

Easy Dahl and Rice

Quick and easy to make yet so nutritious

Equipment:

A large pan

Ingredients:

2 tbsp olive oil
1 small onion (finely chopped)
2 cloves of garlic (finely chopped)
1 tomato
3 tsp of tumeric
1 tsp mild curry powder
½ tsp cumin powder
1 vegetable stock cube
1 ½ cups red lentils (rinsed & drained)



Serves: 4-6
Prep time: 15 minutes
Cook time: 20 minutes

Method:

1. Saute the onion in the oil for 3 minutes, then add garlic, tomato and spices for another 2 minutes
2. Boil the kettle and make 1 pint of veggie stock
3. Add the red lentils and veggie stock (ensure lentils are well covered)
4. Cook for 20 minutes adding more water if necessary
5. Serve with brown rice and enjoy :)

Top Tips: If you prefer a spicier dish, add medium curry powder instead of mild