
Cam's Dahl

Indian | Main Course | 4

Ingredients:

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|----------|---------------------|-----------|
| 1 cup | Split Moong Dal | (dried) |
| ½ medium | Brown Onion | (diced) |
| ½ Tbsp | Garlic | (minced) |
| ½ Tbsp | Ginger | (minced) |
| ½ tsp | Turmeric | |
| 1 tsp | Garam Masala | |
| ½ tsp | Coriander Seed | |
| 1 tsp | Cumin Seeds | |
| 1 tsp | Black Mustard Seeds | |
| | Curry Leaves | |
| 50 g | Nuttelex | |
| 1 medium | Tomato | (diced) |
| ½ Tbsp | Lemon Juice | |
| 1 tsp | Salt | |
| ¼ tsp | Cinnamon | |
| | Coriander | (chopped) |



Directions:

Soak lentils for several hours, drain, top up with water and set to boil for around 30 minutes.

Fry the onion in the Nutalex, adding the garlic and ginger as it starts to brown.

Make a curry mud from the turmeric, garam masala, and ground coriander seed. Add to fry pan and gently fry for a few minutes.

Add the cumin and mustard seeds and the curry leaves. Cook gently until the cumin seeds start to brown.

Add the tomato and turn up the heat slightly. Cook for a couple of minutes.

Add the contents of the fry pan to the lentils. Also include the remaining ingredients (lemon juice, salt and cinnamon) and continue to simmer for about 15 minutes (until lentils are mushy and consistency is smooth).

Garnish with plenty of fresh coriander leaves.

Notes:

It took me ages to figure out why I couldn't get my dahls like I've had in restaurants... the secret is adding fat.

This recipe is amazing, but if you want to reduce the amount of fat, cut down on the Nuttelex (vegan margarine). You can even leave it out altogether. It won't be as smooth and tasty, but it will be a little healthier.

Prep Time: 15 min | **Cooking Time:** 45 min

Source: Cam