



Creamy Mung Bean Dahl

Ingredients

2 tablespoons Mama Dor's Saag Aloo spice blend
One cup Mung Beans, washed and drained
2 tablespoons Extra Virgin Olive Oil
1 red onion finely sliced
2 tomatoes, roughly chopped
400ml can of coconut milk
Handful fresh coriander, finely chopped

Method

In a large saucepan, cook the onions and tomatoes in the extra virgin olive oil, until soft. Taking the mixture off the heat, add the Saag Aloo spice blend and $\frac{1}{4}$ cup water. On a low heat, stir well and cook the spices until you have a thick glossy sauce.

Add the mung beans, stir well and top with a cup of tap water, ensuring the mung beans are well covered. On a medium heat, allow the mixture to bubble away and cook for about 20-30 mins. Keep checking and topping up with water until the mung beans are cooked through.

Turn the heat down, and stir in the coconut milk. Cover and leave to infuse for a further 30mins. The mung beans will continue to absorb water, so keep check and top up with water, if necessary.

Once cooked, top with the fresh coriander and serve.