

Mama Dor's Kitchen

DAHL

Heat Rating: Mild

Serves 4

Ingredients:

- 2 tablespoons of Mama Dor's Dahl spice blend
- 200g red lentils
- 1 tablespoon extra-virgin olive oil
- 1 small onion, chopped
- 3 tomatoes, chopped
- 1 red chilli, de-seeded (optional)

Method:

Boil the lentils in a large saucepan with about 1 litre of water. As the lentils boil, the top will become frothy; remove the froth and leave to simmer for about 10-15mins. While the lentils are boiling, fry the onions, tomato and chilli (if using) in the olive oil. Once golden brown, add the Mama Dor's spice blend and turn the heat down. Add 2-3 tablespoons of the lentil water to the paste and mix well, until a nice masala sauce has been formed. Drain the lentils but reserve the water. Add the lentils and about 1/2 cup of the water to the masala paste and stir well. Cover and let cook on a low heat for about 20-30mins. Serve with naan bread or rice.

Alternative uses:

This spice blend will work with any lentil as preferred. Add chicken when boiling the lentils to add additional protein or even stir in some halloumi with the sauce to keep it vegetarian.

Mama Dor's Kitchen
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