

Mama Dor's Kitchen

DHANSAK

Heat Rating: Mild

Serves 4

Ingredients:

- 2 tablespoons Mama Dor's Dhansak Spice Blend
- 1 onion, finely diced
- 2 chillies, finely sliced (optional)
- 2 tablespoons extra virgin olive oil
- 500g passata
- 1 large potato, peeled and cubed
- 600g chicken thigh fillets, diced (alternatively, use lamb shoulder or even seafood)
- 100g red lentils, washed and soaked

Method:

In a large saucepan, brown the chicken lightly in the oil. Remove the chicken and set aside. In the same saucepan, fry the onions (and chillies, if using) until golden brown. Turn down the heat and add the Mama Dor's spice blend, with two tablespoons of water and a tablespoon of the passata. Stir well and to allow the spices to cook slightly for two minutes, being careful to not allow the spices to stick to the bottom of the saucepan.

Add the rest of the passata and stir well, allowing the sauce to thicken. Now, add the drained lentils, the potatoes and the chicken. Stir well and add enough water to cover about 1cm above the ingredients. Cover and leave to cook for 45mins, until the potatoes are cooked and the lentils are broken down. Serve with basmati rice or fresh chapatis.

Mama Dor's Kitchen
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