



MIXED DAHL

Ingredients:

- 1 tsp Mama Dor's Dahl Blend
- 1 tsp Mama Dor's Chana Masala Blend
- Handful each of red lentils, brown lentils & Chana Dal, soaked in water for 2 hours
- 1 aubergine, chopped into cubes
- 1 punnet mushrooms, chopped into cubes
- 1 small bag spinach
- 2 tablespoons extra virgin olive oil
- 1 onion, chopped finely
- 250g natural yoghurt, at room temperature
- 100g tomato puree
- 2 fresh green chillies, chopped finely (optional)

Method:

Boil lentils in a large saucepan, until tender (usually 30mins).

While the lentils are boiling, fry off the onion (and chillies, if using) in a large frying pan until brown. Turn the heat off and add the yoghurt, tomato puree and

spices. Mix really well and simmer on a low heat. Keep stirring, and add a couple of tablespoons of the lentil water to thicken the sauce.

Once the sauce is bubbling nicely and there are pockets of oil showing, add the aubergines and mushrooms. Stir well and ensure the vegetables are covered with the sauce. Add more water if needed. Cover, and leave to cook on a low heat.

When the lentils are cooked (test by taking a lentil and if it mashes between your fingers, they are done). Drain (but keep the water) and add the lentils to your vegetable curry. Add the lentil water as required, to ensure the mix is fully covered by the sauce.

Cover and leave to cook on a low heat for 30-45 mins until the vegetables are cooked. Add the spinach and stir well. Cover and leave to wilt into the sauce for five minutes.

Serve with basmati rice or fresh chapatis.