



Tomato and red lentil dhal

Recipe from Thermomix adapted by Leonie Farrant

Ingredients

Dhal

- 1 large carrot, peeled
- Fresh coriander, chopped
- 2 t cumin seeds
- 2 t mustard seeds
- 3 cloves garlic, crushed
- 2.5cm piece ginger, peeled and grated
- 1 large onion, finely chopped
- 30ml vegetable oil
- 1 t garam masala
- 2 t turmeric
- 1 t chilli powder, or to taste
- 400ml water or vegetable stock
- 400 ml coconut milk
- 250g red lentils (or I sometimes use 200g red lentils and 50g quinoa grain)
- 350g tomatoes (or 1 400g tin of tomatoes)
- Juice 2 limes
- Salt and pepper to taste

Salsa

- 1 lebanese cucumber
- 2 T fresh coriander, chopped finely
- 2 T fresh mint, chopped finely
- A squeeze of lemon or lime juice



Method

1. Combine carrot and coriander in a bowl and set aside.
2. Heat oil in a heavy based pot over medium heat. Whilst it's heating grind cumin and mustard seeds then tip into the pot and heat gently for a couple of minutes. Add garlic, ginger and onion and cook gently for 3-4 minutes until spices are fragrant and onion is translucent.
3. Add carrot and coriander mix and saute for another 3 minutes. Add garam masala, turmeric and chilli powder and saute for another 2 minutes.
4. Add water/stock, coconut milk, lentils and tomatoes. Bring to the boil then lower heat and simmer gently for 20 minutes until the liquid is mostly absorbed, stirring occasionally.
5. Add the lime juice and simmer for a further 5 minutes.
6. For the salsa deseed and finely chop the cucumber and combine with the chopped herbs. Add lemon or lime juice, and a dash of olive oil if you like. Stir through and season to taste.

Serve dhal with salsa. You could add a cup of thick plain yoghurt to the salsa mix if you like, or serve the yoghurt separately. Dhal tastes even better if it has 24 hours in the fridge after cooking to develop the flavours.