SHOPPING LIST

Red Lentil Dal with Rice and Lemon

Serves 4

For the dal

- [ ] 250 g red lentils, rinsed
- [ ] 1 litre water
- [ ] 1 tsp ground turmeric
- [ ] 1 tbsp grated fresh ginger
- [ ] 2 garlic cloves, crushed
- [ ] 1 tsp salt
- [ ] 400 g can chopped tomatoes
- [ ] Juice of 1 lemon

For the spiced oil

- [ ] 3 tbsp oil
- [ ] 1 tsp cumin seeds
- [ ] 1 tsp mustard seeds
- [ ] 2 garlic cloves, sliced
- [ ] 1/2 tsp chilli flakes

To serve

- [ ] 300 g basmati rice
- [ ] Fresh coriander
- [ ] Lemon wedges

Tick off what you already have at home.