HEARTY & GROUNDING

Red Lentil Dal with Rice and Lemon

PREP	COOK	SERVES
10 min	30 min	4

Vegan Vegetarian

Silky red lentils simmered with turmeric and ginger, finished with a sizzling spiced oil. Vegan and very cheap to make.

Ingredients

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

Method

1. Cook the rice according to the packet instructions.
2. Put the lentils, water, turmeric, ginger, garlic, salt and tomatoes in a large pan and bring to the boil, skimming off any foam.
3. Simmer for 20 to 25 minutes, stirring now and then, until the lentils have collapsed into a thick, soft stew. Add a splash of water if it gets too thick.
4. Stir in the lemon juice and taste for salt.
5. For the spiced oil, heat the oil in a small pan, add the cumin and mustard seeds and wait until they pop. Add the sliced garlic and chilli and fry for 30 seconds until golden.
6. Pour the sizzling oil over the dal, scatter with coriander, and serve with the rice and lemon wedges.

Cook's tip

Do not skip the spiced oil at the end. It only takes a minute and adds a lot of flavour.