

Red Lentil Dahl

Ingredients

500 g red lentils
Handful of fresh coriander
6 cloves garlic
1x 10cm piece ginger
1 green chilli
1 tsp turmeric
1 tsp sea salt
3 tbsp butter
2 tsp black mustard seeds
½ cup coconut milk

Method

Weigh the lentils.

Soak the lentils in a large bowl of cold water for 5 minutes.

Wash and dry the coriander thoroughly.

Peel and finely chop the garlic and ginger.

De-seed the chilli and finely slice. SCRUB your hands, chopping board and knife after handling chilli.

Strain the lentils and place in a large saucepan with 7 cups water, garlic, ginger, chilli, turmeric and salt. Bring to the boil over a high heat, reduce to low and cook for 20 minutes, stirring occasionally.

Meanwhile, finely chop the coriander and add to lentils in the last few minutes.

Heat the butter and mustard seeds in a heavy frypan for 1-2 minutes until butter turns golden and seeds begin to pop. DO NOT BURN!!

Stir the butter/mustard seed mixture into lentil mix. Add coconut milk.

Divide into 4 serving bowls.