

Warming Vegetable Dhal

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Prep time: 20 min

Cook time: 40 min

Total time: 1 hour

Serves: 4

Ingredients

- 2 tbsp coconut oil
- 2 heaped tsp cumin
- 2 heaped tsp tumeric
- 2 tbsp tomato paste
- 3cm ginger, peeled and finely chopped
- 1 clove garlic, peeled and smashed
- 1 chilli, finely chopped
- 1 cup green lentils
- 500g butternut, chopped into cubes
- 1 large brinjal, chopped into cubes
- Salt & Pepper

Instructions

- 1) Heat coconut oil in a large sauce pan, add ginger, garlic and chilli
- 2) Once ginger and garlic are fragrant add 1 cup green lentils and 2 cups filtered water
- 3) Once the lentils have cooked for about 5 minutes add the chopped butternut and brinjal, along with the tumeric, cumin and tomato paste. Add salt and pepper to taste.
- 4) Turn the heat down and allow the dhal to simmer for 40 minutes. You may need to check on it occasionally and add extra water to prevent it from catching.
- 5) Serve the dhal on a cauliflower rice or brown rice.

Notes

Provided you use the base of lentils, ginger, garlic, chilli and spices you can use any vegetable you like, so this meal is great to clear out any extra veggies lying in your fridge.

If you are using softer vegetables that are quicker to cook such as baby marrows and patti pans take into account your cooking time – allow the lentils to cook for longer on their own and only add the veggies 10 -15 minutes before the end.

You could use red lentils instead of green lentils, the red lentils tend to soften more quickly and go slightly mushy so it depends on the texture you are looking for.

You can serve this dish on brown rice or cauliflower rice, I prefer using cauliflower rice to increase the vegetable content of the meal.

You can add a tablespoon of plain yoghurt over the curry to make it creamier if you wish.