



### **Quick and Easy Coconut Dahl with Red Lentils**

#### **Ingredients:**

- 250g red lentils, rinsed.
- 500ml to start vegetable stock.
- 1 teaspoon cumin seeds
- 1 teaspoon garam masala
- 1/2 teaspoon turmeric powder
- 1 teaspoon celery salt
- 1 can (400 ml) coconut milk
- 1 red pepper finely chopped.
- 1 carrot finely diced.
- 2 tablespoons vegetable oil
- 1 onion finely chopped.
- 2 cloves garlic, minced.
- Fresh coriander for garnish (optional)

**Optional:** Basmati rice or naan bread for serving

#### **Method:**

- **Tempering Spices:**

In a pan, heat vegetable oil over medium heat. Add cumin seeds and let them splutter. Add chopped onions and garlic to the pan. Sauté until the onions are soft and golden brown. Add garam masala, turmeric powder, and celery salt.

- **Add Vegetables:**

Stir in chopped red pepper and diced carrot. Cook for an additional 5 minutes until the vegetables are tender.



- **Prepare Lentils:**

Wash and soak lentils overnight if possible. In a large pot, combine red lentils with the vegetables. Add the stock. Bring to a boil, then reduce heat to simmer. Cook for about 15-20 minutes or until lentils are tender and have absorbed most of the liquid.

Stir in the coconut milk and let the flavours meld together over low heat for an additional 5-10 minutes.

- **Adjust Seasoning:**

Taste and adjust the seasoning, adding more salt or spice if needed.

**Serve:**

- Serve the Coconut Dahl over cooked basmati rice or with warm naan bread.
- Garnish with fresh cilantro for a burst of flavour and colour.
- A dollop of yogurt on top adds creaminess and complements the flavours.

*Cmc*