



Lentils are edible seeds from the legume family. They are a great source of vegetable protein (over 25%) and they are packed with B group vitamins, magnesium, potassium and zinc. They are an excellent source of fibre.

Finally legumes contain magic compounds called phytochemicals. Research exists on the positive impacts of legumes on lowering LDL (bad cholesterol, lowering blood pressure, balancing blood sugar levels and soothing inflammation).

This is a hearty dish and is great for batch cooking. Personally making this a day before and leaving it overnight allows the flavours to further develop!

- 250g Red Lentils (Rinsed)
- 1-2 yellow onions
- 1-2 cloves garlic
- 1-piece ginger peeled and grated
- 1 stick celery
- 2 carrots
- 1 tin chopped tomatoes
- 3 tbsp soy sauce
- 2 tsp cumin
- 1 tsp turmeric powder
- 1 pinch cayenne pepper
- Sea salt
- Black Pepper
- Juice of 1 lime
- Coconut oil 1tbsp (cooking)
- Fresh coriander (Optional for serving)
- 1 tbsp Greek style natural yogurt / natural yogurt (serving)

Method

- Peel and finely slice the onions, garlic and ginger. Dice the courgette and carrot.



- Melt the coconut oil and saute the onions, garlic and ginger.
- Stir regularly and add a little water if starting to stick. When the onions are soft , add the courgette, carrot, tomatoes, seasalt and black pepper.
- Cover the pot and simmer slowly for 5-10 minutes stirring occasionally.
- Add the lentils, spices, tamari / soy sauce , lime juice and 500ml – 1 litre of water. I add the water in stages. More water for a curry and less water for a thicker Dahl like consistency.
- Reduce to a slow simmer for 20-30 minutes. Stir regularly as lentils tend to absorb fluid quickly and stick.
- Finely chop the coriander and sprinkle over your curry / dahl.
- Add 1 tbsp of natural / greek style natural yogurt

Serving Options

- 60g portion of brown / wild / white rice mix
- 1 x Toasted wholemeal pitta pocket
- 1 x Toasted wholemeal wrap cut into triangles or 2 x mini wholemeal wraps