



Lentil & Potato Dhal

What to collect

Ingredients	Equipment
1 onion, finely chopped	food processor
2 garlic cloves, crushed	spatula
2 teaspoons grated ginger	saucepan
2 tablespoons vegetable oil	wooden spoon
500g potatoes, peeled & chopped	chopping board
2 large tomatoes, chopped	knife
1 teaspoon curry powder	metric measuring spoons/cups
½ teaspoon cinnamon	
125g red split lentils	
1 ½ cups vegetable stock	
pepper	
natural yoghurt, to serve	

What to do

1. Place onion, garlic and ginger in a food processor and process until smooth.
2. Heat the oil in a saucepan over a medium/high heat, add the onion puree, potatoes, tomatoes and spices and cook stirring for about 5 minutes.
3. Add the lentils and stock. Season with pepper. Cover and bring to the boil.
4. Reduce heat to low and simmer, covered for about 20 minutes.
5. Serve with yoghurt.