



## Cuisine = Indian

### A dish to share - Dahl

Lentils are economical and nutritious! Low in calories, fat and cholesterol (and high in protein!) they make a healthy choice when feeding the family.

This recipe is a mild dish that can be eaten as a meal with rice or as a dip with warmed naan bread.

#### INGREDIENTS:

- 1 375 gram packet Red Lentils
- 1 large Onion chopped
- 1 tin Diced Tomatoes 410 grams
- 1 jar Tomato Paste 375 grams
- 1 tablespoon Chicken stock
- 1 tablespoon Curry powder
- 1 tablespoon Turmeric
- 1 teaspoon Coriander seeds
- 1 tablespoon chopped Garlic
- Long Grain rice (follow instructions on packet)

#### METHOD:

Fry onion in oil with garlic, turmeric, curry powder, coriander seeds and chicken stock powder until onion has softened.

To the onion and spices add 1 litre of water then the red lentils and simmer until lentils soften.

Stir in the tinned tomatoes and the tomato paste, garlic and herbs.

Extra seasoning can be added to suit your palate.

Serve with cooked rice.

**Don't forget uncooked lentils and rice are great ingredients for making shakers out of old plastic drink bottles – add some glitter in too!**

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