



Cauliflower and Split red lentil Dahl

Ingredients:

1 x finely diced white onion
1 Tablespoon of oil
1 Teaspoon of Ground ginger
1 Teaspoon of Finely chopped garlic
2 Teaspoons of Mild curry powder
100g/2oz of Dried split red lentils
133ml/4fl oz of Coconut milk
216g/5oz of Chopped tomatoes
250ml/8fl oz of Boiling water
2 Vegetable stock cubes
400g/14oz of fresh or frozen Cauliflower
season with salt and pepper to your taste

Serves 4 people

Method:

- Place oil into a medium size sauce pan and heat for a few minutes, add finely chopped onions. Cook onions until softened and starting to brown slightly.
- Once onions are soft add the chopped garlic, ginger, curry powder and lentils. Stir well and allow to cook for a couple of minutes.
- While the ingredients are cooking in the sauce pan add both stock cubes to the boiling water allow them to dissolve. Once completely dissolved add the stock to the other ingredients in the sauce pan and stir.
- After 5 minutes add the coconut milk and chopped tomatoes, stir and allow to simmer until lentils are soft.
- Once lentils are cooked, add the cauliflower to the pan and continue simmering until cauliflower is cooked through.
- Serve with Bread or Rice.