

# *National Curry Week Recipe of the Day - Red Lentil Dahl*

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# Red Lentil Dahl

## Ingredients

1 tsp vegetable oil  
2 diced onions  
3 tsp Chef William Garlic Powder  
2 tsp Chef William Ground Ginger  
1/2 tsp Chef William Crushed Chillies  
1/2 tsp Chef William Cumin Seeds  
1/2 tsp Chef William Coriander Seeds  
1/2 tsp Chef William Mustard Seeds  
2 tsp Chef William Ground Turmeric  
1 tsp Chef William Garam Masala  
200g Chef William Red Lentils, uncooked and rinsed  
1 can (400ml) chopped tomatoes  
1 can (400ml) coconut milk  
500ml Chef William Vegetable Bouillon  
Salt and pepper  
Juice of half a lemon  
Fresh spinach, washed

## Method

- 1.) Heat the vegetable oil in a pan over a medium heat. Add the diced onion and cook for 5 minutes. Add the garlic powder, ground ginger and crushed chillies and cook for a few minutes until fragrant.
- 2.) Grind the cumin, coriander and mustard seeds in a pestle and mortar. Add the crushed cumin, coriander and mustard seeds to the pan, along with the ground turmeric and garam masala. Cook for 1 minute.
- 3.) Add the rinsed lentils, can of chopped tomatoes, can of coconut milk and vegetable stock to the pan. Stir to combine. Season with salt and pepper and cook on a medium/low heat for 15-20 minutes. Taste and add more crushed chillies or further seasoning if desired.
- 4.) Stir in the lemon juice and spinach until spinach leaves wilt.
- 5.) Serve warm with our vegetable samosas and any of your favourite Indian side dishes - enjoy!

