

Tangy Tomato Dhal

Dhal is made from pulses, such as lentils or chickpeas with spices to add flavour. Serve as a side dish or as a dip.



Sulphites*

Nutritional information per portion (292g):

Energy 1192kJ 282kcal 14%	Fat 5.2g 7%	Saturates 0.6g 3%	Sugars 6.8g 8%	Salt 0.58g 10%
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of an adult's reference intake.
Typical values per 100g: energy 408kJ/97kcal.

Equipment

Weighing scales
Saucepan x 2
Measuring jug
Sharp knife
Chopping board
Garlic crusher
Juice squeezer
Mixing bowl
Colander
Measuring spoons
Wooden spoon
Can opener

Ingredients

Serves 4
200g dried red lentils
1 x 10ml spoon olive oil
1 large clove garlic
1 lemon (juice only)
1 x 5ml spoon ground coriander
1 x 5ml spoon ground turmeric
1 x 5ml spoon chilli powder
3 spring onions
1 red pepper
1 x 400g can chickpeas
1 x 400g can water (use the can from the chickpeas once you have emptied it at step 7)
4 x 15ml spoons tomato purée

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Go fresh! If you don't want to use ground coriander you could use a small bunch of finely chopped fresh coriander leaves instead.

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Method

1. Turn on the hob to a medium heat and add the lentils to the saucepan. Pour over 1 litre of water and bring to the boil, then turn the heat down and gently simmer (small bubbles) for 20 minutes. Drain and then put to one side.
2. Peel and crush the garlic. Slice the lemon in half and squeeze the juice. Put the crushed garlic and lemon juice into the mixing bowl together with the coriander, turmeric and chilli powder. Mix all the ingredients carefully together.
3. Top and tail the spring onions and slice them into 1cm pieces.
4. Wash the red pepper, slice in half and remove the seeds and white pith. Chop into small 1½cm pieces.
5. Turn the hob to a medium heat and heat the oil in the saucepan. Add the chopped spring onions and pepper into the saucepan stirring occasionally for 5 minutes.
6. When they have softened, turn the heat to low and add the ingredients from the mixing bowl.
7. Open the chickpeas and drain them into a colander. Fill the empty can with water. Add the drained chickpeas, lentils and water to the saucepan.
8. Turn up the heat until the mixture starts to bubble, then turn the heat down until it gently simmers (small bubbles).
9. Stir in the tomato purée.
10. Simmer the dahl for 30 minutes. Remember to stir occasionally making sure it doesn't stick to the bottom of the pan!

Something to try next time

- Make your dahl even more tangy by adding in 2 x 15ml spoons of chopped canned tomatoes.

Skills used include:

Weighing, measuring, peeling, chopping, crushing, squeezing, mixing/combining, boiling/simmering and frying.

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