

Yellow split pea, potato and cauliflower dal recipe (serves 4)

Ingredients:

Yellow split peas – 160g
Red onions – 80g
Garlic (puree) – a teaspoon and a half
Ginger (puree) – a tablespoon
Tomatoes (diced) – 20g
Turmeric – One teaspoon
Cumin seeds – One teaspoon
Black mustard seeds – One teaspoon
A pinch of cinnamon (optional)
Cauliflower (cut into florets) - 80g
Violet/other locally sourced potatoes (cut into slices) – 80g
Baby spinach (washed) – 20g
A few sprigs of fresh coriander
Rapeseed oil – two tablespoons
Salt to season

Method:

- 1) Rinse the split peas under cold running water to remove any dust and put into a large saucepan. Cover with double the amount of water and bring to a boil. Turn down to simmer and cook for approximately 40 minutes, until tender but not breaking up.
- 2) Add 75ml of rapeseed oil in a pan along with the diced red onion and cook until the onion is soft and translucent, and the water has evaporated.
- 3) Add the sliced garlic to the onion and cook for two minutes. Add the ginger puree and cook for a further minute.
- 4) Add the cumin seeds, black mustard seeds & turmeric and cook over a low heat for a further 5 minutes.
- 5) Add the chopped tomatoes and continue cooking for another 10 minutes.
- 6) Cut the potatoes and mix with the cauliflower florets, adding a teaspoon of turmeric, salt and rapeseed oil. Mix well to ensure everything is coated evenly.
- 7) Spread over a baking tray and cook in the oven at 200°C, until tender and crisp.
- 8) Add any remaining turmeric and cinnamon (optional) to the onion mixture and cook for 5 minutes.
- 9) When the split peas have cooked, drain thoroughly and add to the spice mix, stirring to combine. Add water, to cover the split peas and mix thoroughly. Let the mix cook for 15 minutes.
- 10) Taste the mixture, and season with salt, stir in the spinach and half of the chopped coriander.
- 11) Mix the remaining coriander with the roast cauliflower and potatoes
- 12) Spoon the dal into serving dishes and top with some of the roast cauliflower and potato mix.