

COCONUT LENTIL DAHL

Gluten free – vegan – serves 4–5

Ingredients

- 2 tablespoons coconut oil
- 2 small onions, diced
- 3 garlic cloves, minced
- 1 tablespoon fresh ginger, peeled and minced
- 2 teaspoon curry powder
- 1 teaspoon turmeric
- ½ teaspoon chilli powder (optional)
- ½ teaspoon black pepper
- 1 teaspoon salt
- ½ teaspoon chilli flakes
- 400 g dry red lentils
- 400 ml full-fat coconut milk (1 can)
- 450 ml water
- ½ cup of rice (rice for 1 person)
- Plus, optional vegetable extras

Equipment

Chopping board, knife, large saucepan, wooden spoon, pot with lid, ladle, small bowls for rice moulding, scales, measuring jugs, measuring spoons.

Method

1. Weigh and measure all ingredients. Dice onions, mince garlic and ginger using a bridge hold and claw grip. Chop additional vegetables.
2. Heat coconut oil in a large saucepan over a medium heat. Add onions, garlic and ginger. Cook for 5 minutes, stirring frequently, until softened.
3. Stir in all the spices and cook for 1 minute to bloom the flavour. Then add the lentils, coconut milk and water. Stir well to combine. Add optional extras box 1 here.
4. Bring to a gentle boil then reduce heat. Simmer uncovered for 35–45 minutes, stirring occasionally, until lentils are completely soft and the sauce has thickened. Add the optional extras, add box 2 15 minutes from the end or add box 3 a few minutes from the end.
5. Rinse rice. Combine with 1.5 cups of water in a pot, boil, simmer on low for 10 minutes with a lid. Remove from heat, cover the rice and let it rest for 10 minutes.
6. Remove from heat. Stir in most of the coriander. Taste and adjust seasoning. Garnish with remaining coriander and serve with rice. Add box 4 options here.

Box 1 carrots, sweet potato, tinned tomatoes

Box 2 mushrooms, courgette

Box 3 spinach, frozen peas, kale

Box 4 lime juice, coriander

Food skills - Weigh, measure, slice, peel, dice, chop, mix, stir, shallow fry, boil, simmer, rest, season, garnish

COCONUT LENTIL DAHL

Gluten free – vegan – serves 4–5

Ingredients

- 2 tablespoons coconut oil
- 2 small onions, diced
- 3 garlic cloves, minced
- 1 tablespoon fresh ginger, peeled and minced
- 2 teaspoon curry powder
- 1 teaspoon turmeric
- ½ teaspoon chilli powder (optional)
- ½ teaspoon black pepper
- 1 teaspoon salt
- ½ teaspoon chilli flakes
- 400 g dry red lentils
- 400 ml full-fat coconut milk (1 can)
- 450 ml water
- ½ cup of rice (rice for 1 person)
- Plus, optional vegetable extras

Equipment

Chopping board, knife, large saucepan, wooden spoon, pot with lid, ladle, small bowls for rice moulding, scales, measuring jugs, measuring spoons.

Method

1. Weigh and measure all ingredients. Dice onions, mince garlic and ginger using a bridge hold and claw grip. Chop additional vegetables.
2. Heat coconut oil in a large saucepan over a medium heat. Add onions, garlic and ginger. Cook for 5 minutes, stirring frequently, until softened.
3. Stir in all the spices and cook for 1 minute to bloom the flavour. Then add the lentils, coconut milk and water. Stir well to combine. Add optional extras box 1 here.
4. Bring to a gentle boil then reduce heat. Simmer uncovered for 35–45 minutes, stirring occasionally, until lentils are completely soft and the sauce has thickened. Add the optional extras, add box 2 15 minutes from the end or add box 3 a few minutes from the end.
5. Rinse rice. Combine with 1.5 cups of water in a pot, boil, simmer on low for 10 minutes with a lid. Remove from heat, cover the rice and let it rest for 10 minutes.
6. Remove from heat. Stir in most of the coriander. Taste and adjust seasoning. Garnish with remaining coriander and serve with rice. Add box 4 options here.

Box 1 carrots, sweet potato, tinned tomatoes

Box 2 mushrooms, courgette

Box 3 spinach, frozen peas, kale

Box 4 lime juice, coriander

Food skills - Weigh, measure, slice, peel, dice, chop, mix, stir, shallow fry, boil, simmer, rest, season, garnish