

Best Ever Dahl

Ingredients 13
Cook Time 00:40
Makes 1

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BY: SpiceGirl

Curried red lentils, sweet potato, spinach, red capsicum and coconut milk. Doesn't look great, but tastes delicious.

Ingredients

- 1 onion large finely chopped
- 3 garlic clove crushed
- 1 tsp ginger grated
- 1 bay leaf
- 1 tbs olive oil
- 1 cup red lentils
- 2 tsp Indian curry powder
- 1 tsp ground turmeric
- 3 cup vegetable stock (liquid)
- 1 cup sweet potato chopped *1/2 kg*
- 1/2 red capsicum - *sliced*
- 1/2 cup coconut milk
- 2 cup baby spinach chopped

Method

- **STEP 1** ... Fry the onion, garlic, ginger and bay leaf in the olive oil until the onions are soft.
- **STEP 2** ... Add the lentils, curry powder and turmeric and fry for two minutes, stirring continuously.
- **STEP 3** ... Pour in stock and add the sweet potato and capsicum then the coconut milk.
- **STEP 4** ... Cook for about 30 minutes on low heat, stirring occasionally, making sure the dahl does not stick to the bottom of the pan. Add more water or stock if required.
- **STEP 5** ... Add chopped spinach at the end of cooking and stir through for two minutes before removing from heat.

Notes

Serve with chopped coriander leaves as a side dish or main. You can also use Sri Lankan curry powder.