

# 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.**



## Equipment

Sharp knife  
Chopping board  
Mixing bowl  
Colander  
Saucepan  
Measuring spoons  
Wooden spoon  
Can opener  
Garlic crusher  
Juice squeezer

## Method

1. 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.
2. Cut the ends off the spring onions (top and tail) and slice them into 1cm pieces.
3. Wash the red pepper, slice in half and remove the seeds and white pith. Chop into small pieces.
4. Turn on 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.
5. When they have softened, turn the heat to low and add the ingredients from the mixing bowl.
6. Open the chickpeas and lentils and drain them into a colander. Fill one of the empty cans with water. Add the drained chickpeas, lentils and water to the saucepan.
7. Turn up the heat until the mixture starts to bubble, then turn down the heat to low. It should bubble occasionally (simmering).
8. Stir in the tomato puree.
9. Simmer the dahl for 30 minutes. Remember to stir occasionally making sure it doesn't stick to the bottom of the pan!

## Ingredients

1 x 10ml spoon olive oil  
1 large clove of garlic  
1 x 5ml spoon ground coriander  
1 x 5ml spoon ground turmeric  
Juice of one lemon  
1 x 5ml spoon chilli powder  
3 spring onions  
1 red pepper  
4 x 15ml spoons tomato puree  
1 can chickpeas (400g)  
1 can red lentils (400g)

## Top tips

- Go fresh! If you don't want to use ground coriander you could use a handful of finely chopped fresh coriander leaves instead.
- Splash alert - add the lentils and chickpeas carefully into the hot saucepan to avoid hot splashes.

## Something to try next time

- Get spicy - add in 1 x 5ml spoon tikka curry paste to give it a bit of a kick!
- Make your dahl even more tangy by adding in 2 x 15ml spoons of chopped canned tomatoes.