



## Red Lentil Dahl

Cauliflower salad, natural yoghurt, mustard cress

Serves 6 - 8 people generously

### Ingredients:

250g red split lentils  
120g onion, diced  
240g red onion, diced  
30g butter OR ghee  
4 cloves garlic, diced finely  
1 red chilli, deseeded, chopped finely  
90g fresh ginger, grated finely  
1 sachet *Green Saffron Lentil Dahl Mix*  
400g tomatoes, chopped, or 1 tin of chopped tomatoes  
1 tsp sugar (optional)  
200ml coconut milk  
300ml water OR vegetable stock  
Juice of 1 lime  
Handful fresh coriander leaf, chopped finely

### How to make your meal:

1. Heat the butter or ghee in a large casserole dish or saucepan on medium and sweat the onions, garlic, chilli and ginger together.
2. Next, add the packet of Red Lentil Dahl Spice Mix and fry gently for a couple of minutes.
3. Add the tin of tomatoes, sugar and coconut milk and simmer for about 5 to 10 minutes, stirring occasionally.
4. Rinse the red lentils well and add to the pot. Simmer, adding the stock (or water) bit by bit as it's absorbed. Stir occasionally to prevent it from sticking. Cook on a medium heat for about 15 to 20 minutes.
5. Stir in the lime juice, sprinkle with fresh coriander and serve with my cauliflower salad. Simple!

### Cauliflower salad

#### Ingredients:

1 head of 1 small, fresh white cauliflower  
¼ head Romanesco broccoli (optional), picked florets only  
Small handful halved cashew nuts, toasted  
Juice ½ lemon  
2 tblsp light olive or grapeseed oil  
1 tsp sea salt  
Small handful coriander leaves or micro coriander  
Pinch or two of mustard cress and red amaranth (optional)

#### Method:

1. Chop the raw cauliflower in half. Grate one half on the small-gauge side of a box grater, to create a Cous Cous type result. Set aside
2. Chop the other half in two. Pluck small florets from one of these halves and slice thin, 2mm slices from the other. In a bowl, mix all the textured cauliflower together, then add the cashews
3. Mix well the lemon juice with the oil and salt, then pour over the cauliflower and nuts
4. Add the leaves and gently fold everything together.

### Assembly

Pour the cooked dahl into warmed, wide mouthed shallow bowls, arrange an attractive mound of the salad to one side of the bowl and pop a neat dollop (or quenelle) of natural Greek yoghurt on the other.