

**OVERALL time: 40 mins**

## RED LENTIL DAL

Discover the rich and comforting flavors of a classic Red Lentil Dal, a staple of Indian cuisine that promises a burst of warmth and nourishment in every spoonful. This recipe transforms humble red lentils into a velvety, aromatic stew infused with spices that evoke the essence of traditional Indian cooking. Perfect for a hearty meal, this dal is not only delicious but also packed with protein, making it a nutritious option for vegetarians and vegans alike. Serve it with steamed basmati rice or warm naan for a complete and satisfying meal.

Metric

**Number of servings : 4**

### ingredients

#### For the dal

- 60 ml olive oil
- 1 large onion, finely diced
- 4 cloves garlic, minced
- 15 ml fresh ginger, grated
- 50 g tomato paste
- 30 ml Cape Herb Butter Chicken Spice
- 600 ml vegetable stock, low sodium
- 400 ml coconut milk
- 200 g dried split red lentils, rinsed
- 2 large tomatoes, diced
- 0.5 diced red onion
- 1 bunch coriander, roughly chopped
- 2 Tbsp fresh lime juice

#### For serving

- 1 cut lime wedges
- 2 Tbsp plain yoghurt
- 2 fresh naan bread

# THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 10 mins | COOKING TIME: 30 mins**

Heat olive oil in a medium sized pot. Add the onion and cook until tender.

Add the garlic and ginger and cook until fragrant.

Add the tomato paste and Cape Herb & Spice Butter Chicken Seasoning. Cook briefly to bloom the spices and the tomato paste turns a deep red brick colour.

Pour in the vegetable stock and coconut milk. Stir to mix well. Scatter in the lentils, mix, and bring to a simmer. Simmer and stir occasionally for 15-20 minutes until lentils are tender and creamy.

While the lentils are cooking, combine the tomatoes, red onion, coriander and lime juice in a bowl. Mix. Spoon the hot dal into bowls.

Garnish with a generous dollop of yoghurt and a few spoonfuls of the fresh tomato and onion salsa. Serve with warm naan and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

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