

Red Lentil Dahl

Blender Sauce:

Put the following in the blender:

- 1kg Fresh **Tomatoes**
- 1 x Can of **Coconut Cream** 400ml or some **Olive Oil**
- 6 x **Garlic Cloves**
- 1 x Tablespoon Fresh **Ginger**
- 1 x Tablespoon **Garam Masala**
- 1 x Teaspoon **Turmeric**
- 2-4 x **Red Chillies**
- 3 x Teaspoons of **Vegetable Stock** Powder

Blend thoroughly.

Additional Ingredients:

- 1-2 cups of **dried red lentils**
- Half a **lemon**
- A few handfuls of fresh **spinach** leaves.

Cooking Method:

1. Put the sauce in a large saucepan. Bring to boil.
2. Add 1-2 cups of dried red lentils. Bring to boil, then simmer.
3. Cook until lentils are soft - add water if it gets too dry.
4. Once the lentils are soft, stir in the juice of half a lemon and a few handfuls of fresh spinach leaves.

Pressure Cooker:

- Use a 1:3 lentil to sauce ratio and pressure cook on high for 8 minutes, then let stand (don't open) for another 15 minutes (natural steam release - don't open valve). The pressure cooker takes a while to heat up before it cooks.
- Once cooked, stir in the juice of half a lemon and a few handfuls of fresh spinach leaves.

Serve with rice. It also goes well with Afghan Garlic Bread which you toast in an air-fryer.