



OUR BEST EVER WINTER DAHL RECIPE

A scrumptious warming dahl recipe perfect for winter using a combination of classic Punjabi spices, onions, garlic and black urid dahl. This one will certainly warm your bellies!

SERVING SIZE: 4

INGREDIENTS:

1 cup black urid dahl

1 red onion chopped

2 large whole tomatoes pureed (approx. 1 cup)

2-3 garlic cloves crushed

1-inch ginger grated

1 green chilli finely chopped

1 teaspoon coriander powder

1 teaspoon cumin seeds

½ teaspoon turmeric powder

½ teaspoon red chilli powder

½ teaspoon garam marsala powder

2 tablespoons macadamia or olive oil

3 - 3.5 cups water

Salt to taste

Fresh chopped coriander leaves to garnish

METHOD:

Soak the black dahl in water for 4-5 hours or overnight, then rinse well.

Heat the oil and add the cumin seeds until they start to sizzle, then add the onions and sauté until soft (on medium heat).

Add the pureed tomatoes, ginger and garlic and mix well.

Add all the dry spices and the chopped green chillies and sauté for 5-8 minutes until the mixture starts becoming dry.

Add the soaked black urid dahl, water and salt.

Simmer for 40-50 minutes or until dahl is soft.

INSPIRATION:

For extra nutrition and flavour, you can add a vegetable to this recipe. Our favourites include sweet potato, pumpkin, spinach or kale. Enjoy!

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