

CHAPATIS WITH VEGETABLE DAHL



This week's recipe of the week has been shared by store owner Denise, homemade Chapatis with Vegetable Dahl. Nourishing and nutritious, perfect for a wholesome lunch or dinner.

Serving: 4-6 people

Chapatis

Preparation time: 10 minutes

Cook time: 5 minutes

Ingredients:

1 cup *Atta flour*
1/2 cup *water*
Butter to garnish (optional)

Method:

Mix 1 cup Atta flour with 1/2 cup water
Knead mixture thoroughly until it becomes a dough, make the dough into lime sized balls
Lightly dust a chopping board with dry Atta flour & begin to flatten balls with a rolling pin until about 15 cm in diameter
Take tortilla-shaped Chapati and place on a non-stick frying pan, flip Chapati frequently until it rises.
Garnish with a little butter if desired.

Vegetable Dahl

Preparation time: 15 minutes

Cooking time: 25 minutes

Ingredients:

1 tbs *vegetable oil*
1 finely *chopped onion*
1 tsp *fresh ginger*, grated
1 tsp *black mustard seeds*
1/2 tsp *chilli*
1 tsp *turmeric*
1 tsp *garam masala*
1/2 tsp *cumin*, ground
1/2 tsp *coriander*, ground
100g *sweet potato*, peeled and diced
3 cups *baby spinach*
1 *carrot*, diced
200g *split red lentils*
4 cups *water*
salt and pepper
Coconut yoghurt and fresh coriander to garnish

Method:

Heat the oil in a large saucepan. Fry the onion, ginger and black mustard seeds for one minute. Add the remaining spices and fry for 1-2 minutes.

Add the sweet potato, spinach and carrot and saute for a few minutes. Add the red lentils and cover with water.

Bring to the boil, reduce the heat and allow the dhal to simmer 15-20 minutes or until lentils are soft and vegetables are tender. Add more water during the cooking process if necessary. Soup should be fairly thick.

Mash dhal with a potato masher until fairly smooth and creamy. Season with salt and pepper to taste.

Garnish with a spoonful of yoghurt and a few fresh coriander leaves. Dhal can be served on it's own or with curry, rice and chapatis.

Refined Sugar-free | Vegan