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by Daza

Easy Dahl

Ingredients

1 cup split red lentil
1 onion
1 clove of garlic (or more if you like garlic)
1 teaspoon of ground cumin
1 teaspoon of ground coriander
1 tablespoon of oil (I use coconut but any will do)
3 cups of water
1 teaspoon of salt

Preparation

1. Finely chop the onion and garlic, fry for a couple of minutes in the oil then add cumin and coriander and fry for a minute more. Add the rinsed lentils, stir it all around the add the water and the salt. Cover, bring to the boil then reduce the heat and simmer for about twenty minutes until the lentils are soft and breaking apart. Serve with rice and/or topped with finely chopped fresh vegetables and herbs. Any leftovers are lovely reheated the next day.