

Vegetarian Dahl  
Supplied by Lobelia Lawson



BBC Good Food Recipes

What's better on a chilling evening than a hearty Dahl, which doesn't take forever to make.

### **Ingredients**

1 medium onion chopped  
2 leeks chopped  
2 cloves of garlic, roughly chopped  
1 ½ tsp of turmeric  
1 tsp of ground coriander  
½ ground cumin  
1 tsp of ground Ginger  
250g dried red lentils, rinsed  
1 can of coconut milk  
Salt to taste  
Red Chilis to taste

### **Method**

- 1 In a heavy pot, fry up the leek and the onion in some EVOO.
2. Once the leek and the onion are shiny and transparent, add the spices and the garlic.
3. Once the spices are incorporated, add the rinsed lentils and about ½ cup of water.
4. Next add the coconut milk and chilis.
5. Bring to boli and turn the heat down to simmee for 20 - 25 minutes.
6. Salt to taste then eat.