

MAKES  
4 PORTIONS

SIMPLE STORE CUPBOARD & MONEY-SAVING LEFTOVER RECIPES

# TARKA DHAL

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Simple, tasty & quick to prepare – what's not to love about this dish!

## TIPS

- You can add more vegetables if you want, either on the side or add them at the end
- Instead of coconut milk, you can just use vegetable stock

## INGREDIENTS

150g red lentils

50g yellow split peas

100g carrots – or any other root vegetables you have

20g ginger puree

20g garlic puree

10g chillies, finely diced

400g onions, diced

200ml coconut milk

1 vegetable stock cube

20g cumin

5g turmeric

5g coriander, chopped

20ml rapeseed oil

Salt & pepper

Naan bread, serve on the side

## STEP 1.

Heat a saucepan with a little oil

## STEP 2.

Fry the onions & carrots until soft, add the ginger & garlic & cook for a further 5 minutes

## STEP 3.

Add the red lentils, ground turmeric, cumin, coconut milk, diluted veg stock and bring to the boil

## STEP 4.

Simmer gently until the lentils are cooked & it has reached a soup like consistency – add more water if required

## STEP 5.

Once ready finish with chopped coriander, serve with some warm naan breads