



## Lentil Dhal with Poppadoms

Serves 4-6 | Prep 20min | Cook 30min | Difficulty Easy

### INGREDIENTS

1,5 litres (6 cups) water  
 2 C (500 ml) split red lentils  
 1 medium onion, chopped  
 1 Tbsp (15 ml) mustard seeds  
 1 Tbsp (15 ml) cumin seeds  
 2 cloves  
 1 cinnamon quill  
 2 green chillies, halved  
 15 curry leaves  
 2 garlic cloves, chopped  
 1 Tbsp (15 ml) garam masala  
 1 tsp (5 ml) turmeric powder  
 1 tsp (5 ml) chilli powder (optional)  
 1 Tbsp (15 ml) brown sugar

### To Serve

½ C (125 ml) coconut cream  
 Fresh coriander, chopped  
 Poppadoms

### METHOD

Add the water and lentils to a large pot and bring to a boil. Reduce the heat, cover and cook for 15-20 minutes until the lentils start to break down and become creamy. Remove the pot from the heat and use a potato masher to roughly mash the lentils. If the lentils feel a little dry, add a splash of water to loosen them up.

Set a large frying pan over medium high heat. Add the onion, mustard seeds, cumin, cloves, cinnamon, green chillies and curry leaves. Fry for a few minutes until the onion begins to soften. Add the garlic, garam masala, turmeric, chilli powder, if using, and fry for 2 minutes to cook the spices. Add the brown sugar and mix to combine.

Add the onion mixture to the lentil pot and mix well to combine. Put the pot back on the heat, bring to a boil and then reduce the heat to a simmer. Cook for an additional 5 minutes to infuse the flavours. Add a splash of water if the mixture seems dry - it should be creamy. Serve with a swirl of coconut cream, chopped fresh coriander and poppadoms.