

Dahl with Spinach (4 people)



Ingredients

- oil, for frying (use coconut oil if you have it)
- 4 spring onions, chopped
- 4 garlic cloves, crushed
- 1 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp turmeric
- pinch of chilli flakes
- 400g moong (mung) dahl, thoroughly rinsed and drained
- 750ml water
- 1 vegetable stock cube or stock pot
- 200ml can coconut milk
- 1 bag spinach
- 1 tsp garam masala

To serve

Chopped coriander, cooked rice, naan bread, chutney, tomato and onion garnishes, cucumber raita

Method

1. Heat the oil in a heavy-based pan. Add the spring onions and garlic and cook for 1 minute. Add the spices and cook for another minute.
2. Tip in the rinsed and drained moong dahl, 750ml water, a pinch of salt and a crumbled stock cube or stock pot.
3. Bring to a simmer and cook for around 30 minutes until tender, topping up with a little more water as necessary. Towards the end stir in the coconut milk. Once the dahl is tender, stir through the spinach until just wilted. Taste and season. Scatter with chopped coriander and serve with rice, naan and your favourite accompaniments.

