



SILVERBEET DAHL



INGREDIENTS

- 2 cups red lentils
- 5 cups water
- 1 tbsp olive oil
- 1 tsp mustard seeds
- 1 onion
- 8 silverbeet leaves
- 1 tsp cumin
- 1/2 teaspoon ground turmeric
- 1 tsp cinnamon
- 1 tablespoon curry powder
- 1 bay leaf
- 3 cloves garlic, minced
- 1 cup can chopped tomatoes
- Lemon juice
- 1 tsp salt

FROM THE GARDEN

- Silverbeet
- Bay leaves

EQUIPMENT

- Medium saucepan
- Chopping board
- Sharp knives
- Frying pan
- Wooden spoons

INSTRUCTIONS

1. Put the lentils and water into a medium saucepan and bring to a boil. Reduce heat and simmer for about 20 minutes, until lentils are very soft.
2. Finely slice the silverbeet stems and onion.
3. Slice the silverbeet leaves finely.
4. Heat the oil over medium heat in a large frying pan. Add mustard seeds, and cook for 1 minute.
5. Add onion and silverbeet stems and cook, stirring frequently, until softened.
6. Stir in cumin, turmeric, cinnamon, curry powder, garlic, bay leaf and salt then add tomatoes. Cook for 5 minutes, stirring frequently.
7. Add the silverbeet leaves and the cooked lentils. Simmer 5 minutes.
8. Taste, and if you want to add a bit more zip without adding more salt, squeeze in a little lemon juice.
9. Let the dahl sit and thicken for 10 more minutes.
10. Serve with steamed rice.