

TARKA DHAL

This easy cook, one-pot recipe is a godsend when you need something quick and simple as a side dish. It goes well with any meat or vegetable curry and is also great with tandoori meat to make a complete meal.

Leaving the salt until the end helps the lentils cook a lot quicker.

SERVES 4

40

Preparation and
cooking time:
35–40 minutes

4 heaped tbsp good quality red split lentils
425ml (15 fl oz) water
1 small onion, chopped
3 cloves of garlic, finely chopped
2 tbsp olive oil
1/4 tsp turmeric

1 ripe tomato, chopped
1 green chilli, finely chopped
1 level tsp salt
1/2 tsp garam masala
1 tbsp finely chopped coriander

- Rinse the lentils in two or three changes of water and place in a pan with all the other ingredients except the salt, garam masala and coriander.
- Bring to the boil and simmer, uncovered, for about 10 minutes, stirring now and again. Cover the pan and simmer for a further 20 minutes, stirring two or three times. Add a little more water if the dhal looks too thick.
- Stir in the salt, garam masala and half the coriander. Serve sprinkled with the remaining coriander.