Beluga Lentil Dhal

Suitable for Vegans and Vegetarians and Gluten Free

Ingredients

- 2 tbs oil
- 1 medium onion, finely chopped
- 1/2 tsp cumin seeds
- 1-inch piece of ginger, finely chopped
- 2 garlic cloves, finely chopped
- 1 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/2 tsp garam masala
- 1 tsp chilli powder, to taste
- 200 gms finely chopped or pureed tomatoes
- 1 tsp fine sea salt
- 200 gms dried black lentils
- 1litre water, plus more to taste
- Handful chopped fresh coriander

Method

1. Heat oil over a medium heat. Once hot, add onion and cumin seeds and cook, stirring occasionally, until onion lightly browned.

2. Add garlic and ginger, cook for 1 minute more, then the rest of the spices and tomato and cook for 3 minutes more, scraping up any stuck bits.

3. Add water and salt, then lentils. Bring to simmer, then reduce to low and cover and cook until lentils are tender, between 35 and 45 minutes, stirring occasionally. For a looser dal, you can add more water. Adjust spices and seasonings to taste.

4. Ladle into four bowls and sprinkle with coriander

Adapted from Smitten Kitchen - Punjabi style black lentils