



Foodicious
RECIPES

Lentil Dhal with Coconut

Ingredients

2 tbsp rapeseed oil (or any neutral plant-based oil)

2 small onions, diced

3 garlic cloves, crushed

1 tbsp fresh ginger, peeled and minced

2 tsp curry powder

1 tsp turmeric

½ tsp chilli powder (optional)

½ tsp black pepper

1 tsp salt

½ tsp chilli flakes

400g (2 cups) red lentils

1 x 400ml (14 oz) can coconut milk

450ml (15.2 fl oz) water

180g (6.3 oz) fresh spinach

1 bunch fresh coriander, chopped

Instructions

- In a large saucepan, heat the oil over medium heat.
- Add onions, garlic, and ginger, and sauté for about 5 minutes until the onions soften and become fragrant.

- Stir in the curry powder, turmeric, chilli powder (if using), black pepper, salt, and chilli flakes.
- Cook for 1–2 minutes to toast the spices, then add the lentils, coconut milk, and water.
- Bring to a gentle boil, then reduce the heat and simmer uncovered for 35–40 minutes, stirring occasionally, until the lentils are soft and the dhal thickens.
- Stir in the fresh spinach and cook for 1–2 minutes until wilted.
- Remove from heat, stir in most of the chopped coriander, and reserve some for garnish.

Serve hot.