****

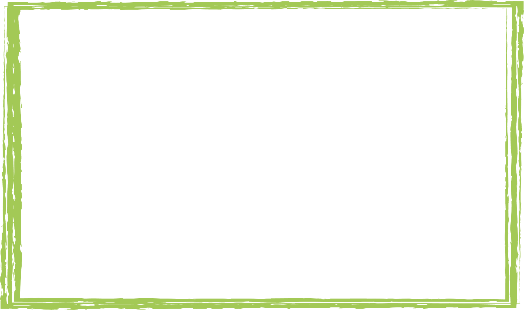
**Ingredients:** 14

**Prep time:** 15mins

**Cook time:** 45mins

**Delicious Dahl**

Ingredients (for 2)

* ****½ onion large finely chopped
* 2 garlic cloves crushed
* 1/2 tsp ginger grated
* 1 bay leaf
* 1 tbs olive oil
* 100g of red lentils
* ½ tsp Indian curry powder
* ½ tsp ground turmeric
* 120mls vegetable stock or boiling water
* 100g sweet potato chopped
* 1 red pepper
* 120mls coconut milk
* 2 large handfuls of spinach chopped
* 1 bunch coriander \*to serve

Method

1. Gather your ingredients and chop the onion, garlic, ginger.
2. Measure the oil, add to a pan with a bay leaf and cook on a med-low heat until the onions are soft (5 mins).
3. Add the curry powder and turmeric and weighed lentils, and fry for 2 minutes, stirring continuously.
4. Pour in stock, then add the sweet potato, red pepper and finally the coconut milk.
5. Cook for about 30 minutes on a low heat, stirring occasionally, making sure the dahl does not stick to the bottom of the pan. Add more water or stock if required.
6. Add chopped spinach at the end of cooking and stir through for two minutes before removing from the heat.