



Vegan ginger dahl

One of the first cultivated crops, lentils are grown and eaten all over the planet. India alone, produces over 50 different varieties, cooked and used in their traditional dahl dishes. Brown, green, red, black and yellow lentils are all a good source of protein. They are rich in iron and folate. Lentils also supply a source of calcium, fibre, folic acid and complex carbohydrates.



Lentils are strengthening to our digestion, circulation and the nervous system. They are also soothing and calming. Lentils are fabulous in salads in the summer months to soups, casseroles and dahl in the cooler months. This very small legume is a nutritional giant.

PREPARATION TIME: 10 mins | **COOKING TIME: 35 mins** | **SERVING: 4**

Ingredients:

- 1 tbsp organic sesame oil
- 1 chopped brown onion
- 1 chopping spring onion
- 1 tbsp fresh chopped ginger
- 1 cup red lentils, (rinsed very well)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 cinnamon stick
- 2 bay leaves
- 2 tablespoons of lemon juice
- 1 wakame
- Chopped coriander to garnish

Method:

Place lentils, ginger, bay leaves and cinnamon in a large saucepan with 3 cups of cold water. Bring to the boil, reduce and heat to medium and simmer for 10-12 minutes. Set aside.

In a medium pot, heat sesame oil over a low heat. Add chopped brown onion. Cook, stirring often, and until the onions are translucent (about 6 mins). Add a good pinch of salt, and stir in turmeric, cumin and lemon juice. Cook for a further minute, or until fragrant.

Add the lentils to the pan, and mix well. Cook for a further 3 minutes, stirring constantly. Add 1 stick of wakame and simmer. Once lentils are cooked, set aside.

Garnish with chopped coriander.

This dish can also be served with brown rice to make it a hearty meal.