

Serves **4** Tarka Dal (Lentil Curry)

Ingredients

400g red lentils	2 cloves garlic, finely sliced
2 tsps cumin seeds	2-3 tomatoes, roughly chopped.
1 onion, finely chopped	Optional extras:
1-2 green chillies (chopped)	Thumb sized piece of ginger, grated
2 tsps Turmeric	1tsp garam masala
olive/rapeseed oil	1tsp ground coriander

Method

- 1 Place the lentils in a pan and cover with enough cold water to come to around 2 inches above their surface. Bring to the boil (skim off any scum that rises to the top), stir in the turmeric, cover and leave to cook gently for 30-40 minutes, topping up the water a little if needed.
- 2 In a frying pan, dry-fry the cumin seeds for 30 secs to 1 min until fragrant, remove from the pan and set aside.

TIP: You can blitz the onion, garlic, ginger and chilli together in a mini chopper or food processor to save on time!

- 3 Add a small drizzle of oil, and then fry the chopped onions, garlic, chilli and grated ginger (if using), for 5-10 minutes or until soft.
- 4 Add the tomatoes and cumin seeds (and garam masala and coriander, if using) and gently cook for another 1-2 minutes to soften the tomatoes.
- 5 Add the cooked lentils to the pan of onions and spices along with around 100mls water and stir to combine. It should be the consistency of porridge, thicker than soup, but still drops from a spoon (add more water if needed). Season to taste with salt and pepper.

TIP: Frozen vegetables count towards your 5 a day, stir through some frozen spinach to increase your veg intake! To make this more of a filling meal and for added protein, you can add a poached egg on top – delicious!

- 6 Serve with a portion of brown rice or a couple of wholemeal chapatti and veg (broccoli and green beans work well!)

TIP: This recipe can be made ahead or cooked in a larger batch and then portioned and put in the freezer ready for when you need it. An easy, cheap and nutritious freezer meal!