

GREEN LENTIL AND CHICKPEA DAHL (From cully & sully)

Dahl is an essential part of eating in India. Most Indians are vegetarian so there is a big focus on veg, grains and of course pulses. Over here most people's idea of an Indian meal is a large quantity of meat curry with a bit of rice. Couldn't be any further away from every day Indian cuisine. I make this sort of thing all the time, following recipes or making my own. The beauty of cooking with pulses is they are so versatile and can work with so many other flavours. This dish is quite spicy, tangy and rich in tomatoes.

Make 8 Portions

1 Medium onion, chopped

4 cloves garlic

1" ginger, peeled and grated

2 fresh green chillies

1 tin chopped tomatoes

2 tins of cooked green lentils

1 tin chickpeas (small, organic are best)

juice of 1/2 lemon

2 tsp ground roast cumin

2 tsp ground roast coriander

1 tsp paprika

1 tsp chilli powder

1 tsp turmeric

1 tsp mango chutney

2tsp salt

black pepper

1/2 tsp garam masala

First, gently fry off the onions, garlic and ginger. After 5 mins add all the spices. Cook for 2 mins. Now add the chopped tomatoes and green chilli. Cook for another 2-3 mins. Now add the drained tinned pulses. Stir well. Add the salt, pepper, mango chutney. Place a lid on the pot and simmer gently for 10-15mins. Finally, add the lemon juice and garam masala. Serve this dish at room temperature. Goes best with roast or grilled chicken dishes, like Madhur Jaffrey's whole chicken baked in aluminium foil.