

Recipe

COMFORTING COCONUT RED LENTIL DAAL



► Vegan, gluten-free, refined sugar-free, nut-free

Yield: 6 servings

Prep Time: 10 min

Cook Time: 20 min

Total Time: 30 min

INGREDIENTS

- 1 tsp (5 mL) vegetable oil
- 1 medium yellow onion, chopped
- 3 cloves garlic, minced
- 1 carrot, chopped
- 1 Tbsp (6 g) grated fresh ginger
- 2 tsp curry powder
- 1 tsp turmeric powder
- 1 tsp ground cumin
- 1/2 tsp paprika powder
- Salt to taste

- 2 cups (400 g) red lentils, rinsed, soaked 2 hours
- 1 vegetable bouillon cube
- 1 can (400 mL) unsweetened full fat coconut milk

- 2 cups (200 g) basmati rice, rinsed, soaked 2 hours*
- 7 cardamom pods, broken in half (optional)

INGREDIENTS: OPTIONAL GARNISH

- Fresh cilantro
- Fresh chili, thinly sliced
- Coconut yogurt or coconut cream

DIRECTIONS

1. Add oil, onion and garlic to a large pot on high heat. Sauté for 4 minutes, adding a splash of water as needed to deglaze the pan.
2. Reduce the heat to medium and add the grated ginger and carrot and stir for another couple minutes before adding all the spices. Stir for another couple minutes, letting the spices become aromatic, as they dry roast, and add a splash of water if needed so it doesn't burn.
3. Add the drained lentils, 2 cups (500 mL) of water, a crushed vegetable bouillon cube and the coconut milk. Bring to a boil, then reduce to a simmer with the lid partially covered, stirring on occasion until the lentils are fully cooked, about 15-20 minutes.
4. Drain the soaked rice and add to a pot. Add 3 cups (750 mL)* water and the cardamom pods, bring to a boil and reduce to a medium-low with the lid partially covered until cooked, about 15 minute.
5. Serve the rice alongside the daal and garnish. Enjoy!

NOTES

1. *If you did not soak the rice, you may need add about 1/2 cup (125 mL) more water.
2. **Variations:** add other veggies of your choice such as cauliflower or potato, or you can add some cooked or frozen peas as well.
3. **Speed-it-up:** by soaking the rice and lentils in advance!
4. **Storage:** store the daal in an air-tight container in the fridge for up to four days, or in the freezer for up to 2 months.

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