

# Dahl

**Season:** Any

**Type:** Indian

**Difficulty:** Medium

**Serves:** 6

**Fresh from the garden:** onion, garlic, chilli, tomatoes, silverbeet

| Equipment:                | Ingredients:  |
|---------------------------|---|
| Chopping board and mat    | 2 Tbsp Oil  |
| Measuring cups and spoons | 1 onion, chopped  |
| Knife                     | 2 garlic cloves, chopped  |
| Saucepan                  | 2 tsp grated ginger   |
| Frying pan                | 1 chilli, finely chopped  |
| 11cm round cutter         | 1 Tbsp mustard seeds  |
| Paper towel               | 1 tsp ground cumin  |
| Wooden spoon              | 1 Tbsp ground coriander   |
| Slotted spoon             | 2 tsp ground turmeric   |
| Tongs                     | 1 tsp garam masala  |
| plate                     | 400g yellow split peas, rinsed, soaked in water for 1 hour, drained |
|                           | 800g can chopped tomatoes   |
|                           | 3 cups vegetable Stock  |
|                           | 1 tsp caster sugar  |
|                           | 100g silverbeet   |

## Method

- Heat oil in a pan over medium heat.
- Add onion and cook for 2-3 minutes, stirring, until softened.
- Add garlic and ginger, and cook for a further minute.
- Stir in spices and then cook for 30 seconds.
- Add split peas, stock, tomatoes, sugar and 1½ cups water.
- Bring to a simmer, then reduce heat to low and cook for 1-1 1/2 hours, stirring occasionally, until peas are tender and dahl is thick and rich.
- Stir through silverbeet and serve.