



microtown 

Changing the world one Microgreen at a time

## Red Lentil Dahl





Perfect for a cold night! Delicious and healthy.

(Vegan Friendly too!)

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Microgreens grown  
sustainably & locally  
in Eltham

## What you'll need:

- 2 tsp coconut oil
- 2 small onion diced
- 1 tsp ginger finely chopped
- 1 red chilli finely chopped
- 1 tomato in 1cm pieces
- 2 tbsp parsley and stalks finely chopped
- ½ tsp curry powder
- 1 tsp yellow mustard seeds
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- 2 cloves garlic finely chopped
- 1 cup red lentils
- 3 cups vegetable stock
- 1 cup light coconut cream
- Salt and pepper to taste
- 1 lemon juiced

## Let's do it:

1. Place a large pot over a medium heat. Add coconut oil and the onions, ginger, chilli, tomato and parsley stems. Add a couple of pinches of salt. Cook, stirring occasionally, until the onions are golden, around 5 minutes.
2. Add the curry powder and mustard seeds. When the mustard seeds start to pop add the rest of the spices and garlic. Cook until fragrant. Add the lentils, stock and light coconut cream and when it starts bubbling reduce the heat to low.
3. Let the dahl bubble away for 20 minutes or so or until the lentils collapse and the dahl becomes creamy. Taste and adjust the seasonings as necessary and add a squeeze of lemon and the rest of the parsley.

