



# Red Lentil Dahl

## Ingredients (serves 2)

- 120 g of red lentils
- 1 onion
- 1 small tomato
- 1 garlic clove
- 1 inch fresh ginger
- 1 tsp turmeric
- 1 tsp cumin
- 1 bay leaf
- 2 tbsp extra virgin olive oil
- Salt (skip in case of hypertension or fluid retention)

## Method

1. Put the lentils in a strainer and wash under cold water until the water comes out clean.
2. Peel and chop the garlic and onion.
3. Grate the tomato and ginger.
4. In a pan with some oil, sweat the onion, garlic, and ginger for fifteen to twenty minutes at low heat.
5. Add the tomato and the bay leaf to the pan. Stir and cook at very low heat until the tomato is cooked.
6. Add the turmeric and cumin. Stir and let it cook for some seconds. Remove from the heat and reserve.
7. Cook the lentils in 350-400 g of boiling water for fifteen to twenty minutes. Once they are cooked, add the reserved vegetables.
8. Cook for some more minutes until it thickens and remove from the heat.
9. Serve.

## Recommendations

The recipe can be blended and pureed. Lentils can boil with more or less water, depending on the desired thickness. You can also add lemon juice.