

Spinach & Lentil Dahl

🕒 2 servings

527 Kcal / serving

32g Protein 11g Fat 84g Carbs

Ingredients

- 1 (150g) - **Onion**
- 1 (300g) - **Head of broccoli**
- 2 - **Garlic cloves**
- 5cm - **Piece fresh root ginger**
- 1 tablespoon (15g) - **Rapeseed or olive oil**
- 1 teaspoon - **Ground turmeric**
- 1 teaspoon - **Ground cumin**
- 175g - **Red lentils**
- 875ml - **Water**
- 30g - **Baby spinach leaves**
- 1 (56g) - **Wholemeal pitta bread**
- **Freshly ground black pepper**



The Method

Cut the onion in half, then peel and finely chop. Cut the broccoli into tiny florets. Peel and finely grate the garlic and ginger.

Heat a non-stick pan over a medium heat and add the oil. Saute the onion for 2-3 minutes. Add the garlic, ginger, turmeric and cumin and sauté for another 1-2 minutes. Stir in the lentils and then pour in the water and season with pepper.

Bring the dahl to the boil, then reduce the heat and cover with a lid. Simmer for 15 minutes. Stir in the broccoli and cook for another 4-5 minutes until tender. Stir in the spinach and allow to wilt. The lentils should be nice and tender at this point.

Toast the pitta bread and cut in half. Divide the spinach & lentil dahl into bowls and arrange on plates with a piece of the pitta bread. Season with pepper to serve.

 Suitable for vegetarians

 Suitable for batch cooking