

Taste is in our nature



Red lentil daal with cauliflower

Serves 8-10

The cauliflower is very soft in this dish. If you want it to have more texture add it a little later in the cooking process.

INGREDIENTS:

- 500g red lentils
- 1 large brown onion, peeled and diced
- 2 large sticks celery, diced
- 2 large carrots, peeled and cubed
- 3 cups cauliflower florets, washed
- roots of 1 coriander plant (tied together)
- 2 green chillies, seeded and finely chopped
- 1 tablespoon fresh, finely chopped ginger
- 8 cups water
- 3 cups vegetable stock
- 2 tablespoons cumin seeds
- 1 teaspoon ground turmeric
- 2 tablespoons freshly squeezed lemon juice
- ¼ cup finely chopped, fresh coriander leaves
- salt and freshly ground pepper to taste
- 2 tablespoons vegetable oil or ghee

DIRECTIONS:

In a really large saucepan heat most of the oil over a medium to low heat.

Add the onion, celery and carrot. Stir to combine with the oil then place the lid on the pan and allow the vegetables to sweat (not brown) for several minutes.

Add the lentils, turmeric, water, stock and coriander roots.

Simmer for approx 25 minutes until the vegetables and lentils are soft.

Heat a fry pan over a moderate/high heat; add a dash of oil or ghee. Add the cumin seeds, then the chilli and ginger. Stir until the mixture becomes aromatic then add to the lentil mixture.

Simmer for another 5-10 minutes. Check for seasoning.

Just prior to serving add the chopped, fresh coriander.

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*Tassie caulies
are bulging with
cauliflower.*

