



# Lentil Dhal



2 cups Burrum Biodynamics Split Red Lentils, rinsed well  
1 cup of vegetable stock, plus 4 cups of water  
3cm fresh ginger, sliced  
2 bay leaves  
1 cinnamon stick  
2 tbsp butter  
1 large onion, finely chopped  
2 cloves garlic, crushed

2 tsp tumeric  
1 tsp cumin  
1 tsp garam marsala  
1/2 tsp chilli flakes  
Juice from 1 lemon  
1/2 tsp salt  
Naan bread or pappadums to serve

Place lentils, garlic, ginger, bay leaves and cinnamon in a large saucepan with 1 cup of vegetable stock and 4 cups water. Bring to the boil, then simmer for 12-15 mins. Stir occasionally to prevent sticking. When lentils are soft, discard cinnamon, bay leaves and set aside.

Heat the butter in a large frying pan and saute the onion for 5 minutes until soft. Take saucepan off the heat and stir in lemon juice. Add tumeric, cumin, garam marsala and chilli flakes.

Add the spiced onion mix to the saucepan with the cooked split red lentils and warm through, season to taste with salt.

Blend with hand held wand and serve hot with naan bread or pappadums.