

Lemon & Lime Dal



Serves: 6

Profitability:

Steps:

Heat the oil and add the onion and slowly fry for 10 minutes

Add the cumin, salt, turmeric, chillies, garlic cloves and cook for 2 minutes. Add the lentils, stock and mint

Bring to the boil and simmer for 30 minutes, add more stock if required. Stir occasionally

Add the majority of the lime and lemon juice, but reserve some to garnish

For the dressing: Heat the olive oil and add the cumin, garlic and cayenne pepper. Cook for 30 seconds only then remove from the heat

To serve, place the dal in a serving dish and spoon swirls of the dressing over the top. Add the lemon and lime zest, the reserved chilli slices, a little fresh coriander and the remaining lime and lemon juice (to taste).

Serve with rice, naan bread or chappati.

Ingredients:

3 tbsp groundnut oil

1 large onion, finely chopped

2 tsp cumin seeds

1 tsp salt

1 tbsp turmeric

2 fresh chillies, sliced thinly (reserve a few slices for garnish)

2 garlic cloves, chopped

250g red split lentils

1 ltr free-from vegetable stock

1 tsp dried mint

2 limes, zest and juice

1 lemon, zest and juice

2 tbsp olive oil

½ tsp cumin seeds

1 garlic clove, finely sliced

¼ tsp cayenne pepper

1 tbsp fresh coriander leaves

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