

RESET VEGETABLE DAHL



MINUTES TO PREPARE
5



MINUTES TO COOK
25



SERVES
2

INGREDIENTS

85g Puy lentils
85g red split lentils
1 clove garlic, peeled
1 teaspoon vegetable bouillon
1 teaspoon cumin seeds
1 teaspoon coriander seeds
1 teaspoon fennel seeds
100g cherry tomatoes
1 carrot, peeled and grated on the large grate
1 large handful cavolo nero, washed and thinly sliced
1 large handful fresh coriander, chopped
Juice 1/2 lemon
Salt and pepper
Greek yoghurt to serve

You will need a pestle and mortar or spice grinder.

LET'S GET COOKING

- 1 Place the cumin, coriander and fennel seeds in a small frying pan and dry roast them over a high heat. Once the seeds start to pop, take them off the heat and grind them to a powder in a pestle and mortar. Put them in a saucepan with the Puy lentils, red split lentils, cherry tomatoes, garlic and vegetable bouillon, and cover with water. Bring to the boil and simmer for 20-25 minutes, until the Puy lentils and the red split lentils are both soft.
- 2 While still hot, add the grated carrot, sliced cavolo nero and chopped coriander. Season well with salt and pepper and leave to stand for 3 minutes for the vegetables to wilt. Add the lemon juice. Taste and adjust the seasoning to your liking.

"This is such a simple yet nutritious meal. I love it as a main with a large dollop of Greek yoghurt or alongside something less healthful such as sausages. It's the perfect antidote to a big weekend, and you'll often find me lapping this up in bowlfuls on a Monday night to fully reset my body. It's quick to make and any leftovers are delicious as lunch the next day. Definitely worth making extra! The Puy lentils will take longer to cook than the split lentils and it's this contrast in texture, and the aromas of the fresh coriander, spices and lemon juice, which make the meal interesting"