

Turmeric Coconut Dhal

INGREDIENTS

Olive oil	Cayenne or paprika
1 brown onion, diced	powder (depending on your
1 sweet potato, cubed	preference for heat), 0.5 tsp
5 cloves garlic, grated	Fenugreek seeds, 1
Small knob of fresh ginger, grated	tsp
Small knob of fresh turmeric, grated	Little red or brown
Cumin powder, 0.5 tsp	lentils, 1.25 cups, rinsed
	Bone broth powder, 5
	tsp
	Water, 500 mL,
	boiled
	Coconut milk, 400mL
	Baby spinach, one
	handful



DIRECTIONS

Heat a generous amount of olive oil in a large cooking pot over medium high heat.

Add onion and cook until brown.

Stir in sweet potato and cook for a further few minutes before adding garlic, ginger and turmeric and mixing in powdered spices.

After mixing bone broth powder into boiled water add lentils and broth. Increase to a boil before reducing heat down to a simmer for 25-30 minutes, or until lentils are tender.

Add coconut milk about halfway through and baby spinach in the last five minutes of cooking.

Serve with basmati rice, a dollop of greek yogurt, coriander, lime pickle and toasted pita crisps.