# Stress Busting Dahl



## Ingredients

* 200g lentils (1 cup)
* 1 tablespoon rapeseed oil
* 1 red onion, finely chopped
* 1 clove garlic, crushed
* 1 3cm piece of ginger, peeled and finely chopped
* 2 teaspoons ground coriander
* 1 teaspoon ground cumin
* 1 teaspoon of ground turmeric
* ½ teaspoon chilli powder
* 1 tablespoon tomato puree
* 875ml of good quality vegetable stock
* 1 tablespoon fresh lemon juice
* I cup chopped coriander

## Method

1. Place the lentils in a sieve and rinse under cold, running water.
2. Add chopped onion to a heavy pan with the rapeseed oil.
3. Cook until the onion softens.
4. Add the ginger, garlic, coriander, cumin, turmeric and chilli powder. Cook stirring for a minute.
5. Add the tomato puree
6. Stir in the lentils and stock and cook until the mixture thickens.
7. Stir in the lemon juice and coriander.
8. Serve with spiced brown basmati rice

This dahl is high in magnesium, fibre and protein. Perfect with just rice and a small salad or as part of an Indian meal. You can also add some greens like chard, kale or spinach at the end and serve when wilted.