

Dhal curry with cauliflower and spinach

Ingredients

Serves 4

- 2 tablespoons oil
- 1 onion, chopped
- pinch salt
- 3 cloves garlic, crushed
- 1 tablespoon minced ginger
- 2 tablespoons curry powder
- 1 cup dried red lentils
- 6 cups water
- 2 tomatoes, diced
- ½ cauliflower, sliced into small pieces
- 2 cups washed and roughly-chopped spinach
- pepper to taste

Method

1. Heat oil in a large saucepan over low heat.
2. Add onion and salt and cook until soft.
3. Add garlic, ginger and curry powder. Stir for 1 minute.
4. Add lentils, water and tomatoes. Cook for approximately 30 minutes or until the lentils are soft.
5. Add cauliflower and cook for 5 minutes.
6. Mix spinach through and cook for 1 minute.
7. Add pepper, spoon into serving dishes and serve.

Variation

- Use canned chickpeas or black beans in place of the lentils and reduce the cooking time.

Nutrition

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.
- Legumes such as lentils, chickpeas and black beans are full of protein and dietary fibre. Protein helps you to grow and build strong muscles, while dietary fibre keeps things moving in your digestive tract and helps keep you full for longer.



Equipment

-  Cutting board and knife
-  Large saucepan
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Wooden spoon

Preparation and cooking skills

Chop, dice, mix, simmer, slice, stir, use herbs and spices to flavour dishes.