



Red Lentil Dal with Tandoori Cauliflower

I made this to warm us up on a cold night when sleet was battering the windows. It's quite a spicy dish, reduce or omit the chilli powder if you don't like hot spices

Serves 4

Red Lentil Dal

200g red split lentils
500ml water
¼ tsp ground turmeric
¼ tsp ground coriander
¼ tsp garam masala
1 tbsp oil
½ tsp cumin seed
1 clove garlic
1 sm onion, chopped
½ tsp chilli powder
2 tomatoes, chopped into 5mm pieces
½ tsp salt
100g fresh spinach
Pepper to taste

1. Put the lentils, water, turmeric, coriander and garam masala into a heavy based pan. Bring to the boil, put a lid on the pan and simmer gently for 20mins.
2. In another pan, heat the oil, add the cumin, garlic and chopped onion. Fry gently to soften and add the chilli powder. Stir through and add the chopped tomatoes. Cook for 5 minutes and stir through the lentils once their 20mins is up. Remove from the heat and add the spinach. Stir through, allowing the heat of the dal to wilt and soften the leaves.



Tandoori Cauliflower

1 medium cauliflower
150ml Greek yogurt
2cm root ginger, finely grated
2 cloves garlic, finely grated
¼ tsp salt
¼ tsp ground turmeric
½ tsp chilli powder
½ tsp garam masala
¼ tsp ground coriander

1. Heat the oven to 220C/425F/Gas7

2. Steam the cauliflower for 5 mins to par cook.
3. Mix the yogurt with the ginger, garlic, salt and spices.
4. Tip the cauliflower into a roasting pan, drizzle over the yogurt mixture and toss well to coat.
5. Roast in the oven for 10 minutes to heat through and brown a little.
6. Serve the cauliflower with the dal spooned over the top.

Hints, Tips and Adaptations

Gluten free, microwavable

Try broccoli, carrots, squash, sweet potato, celeriac, swede, parsnips or aubergine instead of cauliflower.

The dal will freeze & is dairy free, try kale instead of spinach.