

Dancing Dal

Ingredients

190g red split lentils
3 and a half cups water
1 quarter cup vegetable oil
1 medium white onion, finely chopped
A few handfuls of leafy greens (e.g. kale)
4 to 5 garlic cloves, crushed
Half inch piece of ginger, crushed
Half tin of chopped tomatoes
1 small green chilli, chopped or half tsp chilli flakes
1 tsp cumin powder
1 tsp coriander powder
Half tsp turmeric powder
1 tsp salt



Illustration @lucilelith

Directions

Wash lentils in a bowl with water. Drain, refill and drain again until the water runs clear.

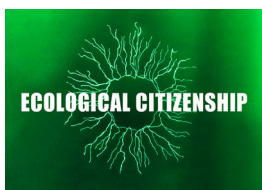
Boil lentils over medium-high heat, 3.5 parts water: 1 part lentils (add more water for desired thickness but be mindful that more water will water down the tarka). Reduce to low heat once it boils. Cook until lentils split in your fingers completely - stirring occasionally for 30 mins. Their colour and texture should be soft and consistent.

In a large pan, heat the oil at a medium heat. Add the onions and sauté until golden (8 mins). Add the garlic and ginger until their smell disappears (~30 secs). Add the leafy greens, chilli, cumin, coriander, turmeric and salt, and fry for a further 5 mins. Last add tomatoes and cook for 8 mins.

Stir the cooked dal into the tarka. Simmer for about 5 mins. Add salt to taste if needed.

The dal pairs well with rice, roti, and naan. Chopped onions, carrots and cucumber on the side can be tasty too!

Did You Know: Eating less meat, dairy, and fish, and embracing more plant-based meals has transformative potential – reducing food production’s greenhouse gas emissions by at least 49%. There are added benefits too related to freeing up land and reducing water use. (Poore & Nemecek, 2018)



Got a tasty plant-based recipe you'd like to share? Or perhaps photography and illustration is more your style? If so, get involved by emailing us at ecologicalcitizenship@falmouth.ac.uk

