



SPICED TOMATO DAHL

1 med onion
1tbl ginger
5 cloves garlic
3 lge red chillies
½ tbl roasted ground cumin
¼ tbl salt
300ml tomato pulp
500gm brown lentils
25ml lime juice
25ml fish sauce

1. Using the first 6 ingredients make a paste using a food processor.
2. Fry in gee & when fragrant add lentils, cover with water and bring the lentils to a gentle simmer. Cook stirring occasionally for around 10 minutes.
3. Add tomato juice, fish sauce & lime juice.
4. Simmer for around 10 – 15 minutes more or until lentils are tender.