

Red Lentil Dahl with Roti

Dahl is made using lentils which are packed full of essential nutrients such as B vitamins, magnesium, iron, zinc and potassium. They are also a great meat alternative as they are made up of more than 25% protein.

Follow the instructions overleaf or see our chefs make this dish in our recipe video.

Open your QR code reader on your smartphone. Hold the device over the code and click to watch.



Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.

Equipment you will need:

Sieve	2 saucepans
Measuring spoons	Weighing scales
Chopping board	Mixing bowl
Sharp knife	Measuring jug
Tin opener	Rolling pin
Fork	Pastry brush
	Kitchen paper
	Frying pan

You may also need scissors to open our sachets

Ingredients (allergens highlighted in bold):

For the Dahl:

400g red lentils	1 tsp ground ginger
400g can tomatoes	1 tsp cumin seeds
1 tsp turmeric	2 tsp garam masala
1 tbsp oil	Red chilli flakes
2 onions	400g tin of spinach
4 cloves garlic	1 lemon
	1 tbs dried coriander

For the Roti:

300g flour
(plus a little for rolling out)
100ml water
30ml oil
(plus a little for cooking)

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

Go to our website to find other useful recipes!
www.mayorsfundforlondon.org.uk/kitchen-social/take-and-make

Instructions for Dhal:

1. Rinse the lentils in the sieve, under running water until the water runs clear. Tip into a large saucepan, add the ground turmeric.
2. Cover with water, bring to the boil then reduce to a simmer and cook for 15 minutes.
3. Slice the onions and finely chop the garlic
4. While the lentils are cooking, add the oil to a separate pan and heat gently. Add the onions and the cumin seeds and cook for about 10 minutes or until soft.
5. Then add the garlic, ground ginger, garam masala and chilli flakes. Add less chilli for a mild dahl or more if you like it spicy.
6. Add the tomatoes. Stir and cook for 5 minutes.
7. Add the cooked lentils to the tomato mixture. Simmer for about 15 minutes.
8. Add the spinach and the juice of half the lemon, cook for 2 – 3 minutes. Sprinkle over the dried coriander just before serving.

Remember to measure your herbs and spices, the sachets may contain more than you need.

Cooking for more than 4?

Bulk up the dahl by adding raita, which is natural yoghurt and grated cucumber, and adding extra rice.

Instructions for Roti:

1. Place the flour in a large bowl and add most of the water. Keep a little water back to add if the mix is too dry later on.
2. Holding the bowl with one hand, mix the water and flour with your other hand.
3. Add the oil and knead the dough for about 5 minutes until soft and pliable. Too sticky? Add a little more flour. Too dry? Add a splash of water.
4. Dust your worksurface with a little flour and separate the dough into 6 evenly sized balls.
5. Using your hands or a rolling pin push the dough out into flat circles. Lift dough up occasionally and check that it isn't sticking to your worksurface.
6. Heat the frying pan and rub or brush a little oil onto the surface. Cook each flatbread for about 2 minutes on one side. Flip the flatbread with a spatula and then cook for 2 minutes on the other side. The flatbread should have turned lighter in colour and may have a few spots of brown.
7. Keep the cooked flatbreads warm, wrapped in foil or a clean tea towel, until the others are cooked.