

# COOKING UP

## LENTIL, CHICKPEA & CAULIFLOWER DAHL

*Aromatic and big on flavour, this is delicious served with yoghurt, flatbreads and mango chutney.*

SERVES 4 

### INGREDIENTS

2 tablespoons vegetable oil  
1 medium onion, finely sliced  
2 garlic cloves finely chopped/minced  
1 thumb-sized (5cm) piece of fresh ginger, peeled and finely chopped  
1 teaspoon ground coriander  
1 teaspoon turmeric  
2 teaspoons garam masala  
1 teaspoon mild chilli powder  
150g red lentils  
400g tin of tomatoes  
1 tablespoon tomato purée  
1 small cauliflower, cut into small florets  
400g tin of chickpeas, drained and rinsed  
Salt and pepper

### EQUIPMENT

Knife  
Chopping board  
Measuring spoons  
Wooden spoon  
Measuring jug  
Medium saucepan  
Large frying pan

### ALLERGENS

None

### TIP

Add a couple of handfuls of fresh spinach (or chopped up cauliflower leaves) when you add the chickpeas.



### METHOD

- 1 Peel the onion and slice finely. Heat 1 tablespoon of the oil in the saucepan, add the onion and cook over a low-medium heat for approximately 10 mins (with the lid on), stirring every few minutes until soft.
- 2 Peel the garlic cloves and crush with a garlic crusher or the back of a knife. Peel the ginger using the back of a teaspoon and chop finely. Add the garlic and ginger to the pan with the spices (1 teaspoon of the garam masala only) and cook for a minute until aromatic.
- 3 Add the lentils, tomatoes and 1 pint of water (600ml). Stir well and bring to the boil. Turn down the heat and simmer for 25 minutes.
- 4 While the lentils are cooking, prepare the cauliflower: cut away the outer leaves from the cauliflower and remove the central stalk. Chop the cauliflower into small florets.
- 5 Heat 1 tablespoon of oil in the frying pan and stir in the tomato purée and a teaspoon of garam masala. Add the cauliflower, put the lid on and cook until the cauliflower is tender but still firm (about 15 minutes). Once the cauliflower is cooked, add the drained chickpeas, combine with the cauliflower and heat through.
- 6 Add the contents of the frying pan to the saucepan and stir gently together. Season and serve.

*This recipe is adapted from a Good Housekeeping recipe.*



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