

# Orphans Kitchen butternut dhal

gluten / dairy / naturally  
FRIENDLY FREE SWEETENED

serves 4 -6 as a main

## ingredients:

300g onion (1-2 onions), diced  
200g carrots (roughly 2 carrots), diced  
100ml extra virgin olive oil (EVOO)\*  
400g butternut, diced 1cm  
1 bay leaf\*  
200g celery (1-2 stalks), diced  
3-4 cloves garlic, crushed  
10g ginger, microplane / grated  
50g tomato paste  
30g spice mix (see below)  
400g dried split red lentils, soaked for 1hr in cold water  
2 tins chopped tomatoes  
800g filtered water  
2 C jasmine rice, to serve

## spice mix:

1 Tbsp cumin seed\*  
1 tsp coriander seed  
1 tsp fennel seed  
1 Tbsp black peppercorns  
2 Tbsp turmeric powder

\*Item not available online but is available in your local GoodFor store.

## method:

Toast the whole spices in a dry cast iron pan on a medium to high heat until fragrant. Cool, then grind to a fine powder in a mortar and pestle. Fold through the powdered turmeric.

Add the onion, garlic, bay leaf and EVOO to a large heavy based pot and begin to sweat on a medium heat until onions are translucent.

Add the diced carrots, celery, ginger and butternut. Increase the heat and continue to stir.

Add spice mix, tomato paste and coat the vegetables in this paste before adding the soaked and rinsed lentils, chopped tomatoes and filtered water.

Bring back to a simmer and continue to cook for a further 35 minutes until lentils are tender and the tomato has broken down to form a gravy like consistency.



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Rinse your rice through a strainer or colander then add rice to a large pot of boiling water and boil uncovered for 30 minutes. Drain, then add back into the pot with the lid on (off heat) for 5 minutes to 'steam'. Fluff up with a fork when you're ready to serve.

Season dhal with salt and serve with plenty of virgin olive oil, fresh herbs from the garden and your fragrant jasmine rice.

