

CHANNA DAHL

Recipe card



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Each 306g serving contains:

DiABETES UK
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KCal
224

Carbs
34.6g

Fibre
5.9g

Protein
14.3g

Fat
1.8g

Saturates
0.2g

Sugars
4.3g

Salt
0.12g

Fruit/Veg
Portion
1

Ingredients

- 225g yellow lentils
- Half tsp red chilli powder
- 2 garlic cloves, peeled and chopped
- Quarter tsp turmeric
- 1 tsp olive or sunflower oil
- 1 large onion, sliced
- Half tsp garam masala powder

Serves 4 | Prep 10 mins | Cook 50 mins



For more information about eating a healthy, balanced diet and to browse over 500 more recipes, visit our website at diabetes.org.uk/discover-food

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Method

Step 1

Rinse the lentils, place them in a pan and cover with 1.2 litres of water to come approximately 4cm above the lentils. Add the chilli powder, garlic, turmeric and bring to the boil. Cover and cook over a low heat according to the packet instructions (30 to 40 minutes) until tender.

Step 2

Heat the oil in a frying pan, add the sliced onion and fry until golden brown. Save a few fried onions to garnish. Garnish the lentils with the onions and garam masala.

Recipe tips

- You can freeze this recipe. Defrost in the fridge or microwave then cook over a very low heat until piping hot.
- If you don't have garlic to hand you could use garlic granules, just check the label to make sure there's no added salt.

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