

## Tomato and Lentil Dahl with Toasted Almonds

Richly flavoured with spices, coconut milk, and tomatoes, this lentil dish makes a filling supper. Warm naan bread and natural yogurt are all that are needed as accompaniments. Split red lentils give the dish a vibrant colour, but you could use larger yellow split peas instead, if you wish.

### Ingredients

30ml / 2 tbsp vegetable oil
1 large onion, finely chopped
3 garlic cloves, chopped
1 carrot, diced
10ml / 2 tsp cumin seeds
10ml / 2 tsp yellow mustard seeds
2.5cm / 1 in piece fresh root ginger, grated
10ml / 2 tsp mild chilli powder
225g / 8oz / 1 cup split red lentils
400ml / 14 fl oz / 1 <sup>2/3</sup> cups water
400ml / 14 fl oz / 1 <sup>2/3</sup> cups coconut milk
5 tomatoes, peeled, seeded, and chopped
juice of 2 limes
60ml / 4 tbsp chopped fresh coriander
salt and freshly ground black pepper
25g / 1oz / ¼ flaked almonds, toasted, to serve

Serves 4

### Step One

Heat the oil in a large heavy-based saucepan. Sauté the onion for 5 minutes until softened, stirring occasionally. Add the garlic, carrot, cumin, and mustard seeds, and ginger. Cook for 5 minutes, stirring, until the seeds begin to pop and the carrot softens slightly.

### Step Two

Stir in the ground turmeric, chilli powder, and garam masala, and cook for 1 minute or until the flavours begin to mingle, stirring to prevent the spices burning.

### Step Three

Add the lentils, water, coconut, milk, and tomatoes, and season well. Bring to the boil, then reduce the heat and simmer, covered for about 45 minutes, stirring occasionally to prevent the lentils sticking.

### Step Four

Stir in the lime juice and 45ml / 3 tbsp of the fresh coriander, then check the seasoning. Cook a further 15 minutes until the lentils soften and become tender. To serve, sprinkle with the remaining coriander and the flaked almonds.