



French Cuisine


MADE SIMPLE

French Dahl

Dahl de lentilles corails, épinards et crème de coco

 5 people

 10 mins prep time

 50 mins total time

 Easy

INGREDIENTS

- 2 shallot onions cut in slices
- 2 garlic cloves, diced
- 1 tsp turmeric
- 1 tsp coriander
- 1 tsp cumin
- 2 tsp ginger
- ½ tsp cayenne pepper
- 1 ½ tsp curry
- 1 ½ cups (300 g) dry red lentils
- 800 mL of water
- Optional bouillon cube
- 4 tablespoons of tomato concentrate
- Salt and pepper
- 200 mL of full fat no-sugar coconut cream
- 3 handfuls of fresh spinach
- About 30 (250 g) of cherry tomatoes cut in halves
- Décor on top: coconut cream.
- Optional: Serve over basmati rice



DIRECTIONS

1. In a large pot, heat up the oil and sauté the shallot and garlic for 5 minutes.
2. Add the spices, mix, and sauté for two minutes.
3. Add the red lentils, hot water, optional bouillon cube, and tomato purée, mix, cover, and cook on medium heat for 15 minutes. Stir every five minutes so that the bottom does not overcook. If the dahl is cooking too hard (bubbling strong) then turn the heat down.
4. Once the lentils are over half way cooked, add the following ingredients: coconut cream, spinach, and cherry tomatoes. Turn the heat down to low-medium and let the dahl finish with a gentle cooking. Mix occasionally. It may take an additional 10-15 minutes to finish cooking.
5. If you find the dahl needs more liquid, add more coconut cream or water. The consistency if the dahl should be a little thicker than soup.
6. Serve a nice ladle full of the dahl over rice and dress with coconut cream on top. Enjoy!

Bon Appetit!
Emilie Anne 

