



## Hearty Autumn Daal

### Ingredients

- 1 large white onion, chopped finely
- 1 head of garlic, chopped finely
- 1 stick celery, chopped finely
- 2 tablespoons of rapeseed oil
- 1 & half cups red lentils
- 1 chicken stock cube
- 1 tin plum tomatoes
- 2 teaspoons medium tikka curry powder
- Half teaspoon chilli flakes
- Half teaspoon harissa seasoning
- 2 healthy pinches salt
- 1 tablespoon koko yoghurt

### Method

- Heat a deep pan with the oil, fry the onions and garlic until glassy
- Rinse lentils & add to the pan, with two cups of boiling water, salt & stock cube
- Stir and lower heat and allow to simmer for 10 minutes
- Add chopped celery, two more cups of water (keep the daal wet) and the rest of the spices plus the tinned tomatoes.
- Stir occasionally until the lentils have cooked for a total of 25 minutes, mashing up the tomatoes as you stir and keeping the heat low.
- Serve with a tablespoon of yoghurt



### Details

- Prep time: 10 minutes
- Cooking time: 35 minutes
- Serves 6
- Per serving:
- Calories 218
- Carbs 21 grams
- Fat 6 grams
- Protein 11 grams