



Lentil Dahl with Garlic + Corriander Flatbread



4 servings



40 minutes

INGREDIENTS

200g Lentils
3 Onions, chopped
tsp Salt
3 Garlic cloves, grated
1/4 tsp Tumeric
1 tsp ground Corriander
1 tsp Cumin
3 Bay Leaves
8 Tomatoes
Small bunch of fresh corriander
100ml Vegetable oil
2 cupts of water

FLATBREAD

1 1/2 Tbsp self raising flour
Pinch of salt
1 clove of garlic, grated
2 sprigs of chopped corriander
1 tbsp Greek yogurt
Butter for the pan

NOTES

Increase or decrease your spices
depending on how hot you want the
Dahl
Cook flatbread in a warm frying pan
with a little butter.

DIRECTIONS

1. Make the dough for the flatbread by placing flour, salt, garlic, corrainder, yogurt into a bowl and mixing together until you get a smooth dough.
2. Roll the dough out into thin circles and leave to side.
3. Wash and soak lentils in warm water for 5 minutes
4. Use a sieve to drain lentils and place in a bowl.
5. finely chop the onions & tomatoes and place in bowl together. (blend if possible)
6. Grate the garlic
7. Put 100ml vegetable into pot on a low-medium heat. Once the oil is warm add the garlic to brown.
8. Add blended onion and tomato. Cook for 5 minutes.
9. Add the bay leaves and all the spices + lentils. Cook for 5-7 minutes, stirring regularly.
10. Add 2 mugs of water, bring to boil then simmer on a low heat for 10 minutes.
11. Once lentil are cooked, place in bowl, garnish with corriander and enjoy with your flatbread.