

Tarka dahl with rice Serves 2

Ingredients

- 1 onion, peeled and finely chopped
- 2 clove garlic peeled and crushed
- 225g red lentils
- ½ ground ginger (In school)
- 1 tsp ground turmeric (In school)
- 1 tsp cumin (In school)
- 2 garlic cloves, finely chopped
- 2 green chillies
- 1 tbsp tomato puree
- 100g rice, cooked according to the packet instructions



Method

1. Prepare all veg as described above. Wash de-seed and finely chop chillis. (Wash hands)
2. Fry onions, chilli and garlic in a little oil in a pan over a medium heat until soft and translucent. Add the ginger, cumin, and turmeric fry for another 2 minutes until toasted and aromatic.
3. Add lentils, tomato puree, 850ml water and stock cube to onion mixture. Bring to boil, then simmer for 20 minutes until lentils have softened and the dahl has thickened.
4. Bring the rice to the boil and simmer for 10 minutes until rice is tender but not sticky.
5. Taste and adjust the seasoning as necessary.
6. Serve the tarka dahl alongside the cooked rice.

Nutrition:

The LBV amino acids in the lentils complement the LBV protein in the rice to make an HBV protein dish. A flat bread such as naan or chapatti could also be served with this dish.

Using brown rice meets the eatwell guide recommendations for wholegrain starchy carbohydrates.

Adding a vegetable side dish adds colour as well as fibre and vitamins C and A