

# Red Lentil Dhal with Silver Beet

Serves up to 30

Equipment - large frypan or saucepan, measuring spoons and cup, knives, mats, chopping boards, scissors, 4 serving bowls and dessert spoons to serve.

## Ingredients

1 large onion  
3 cloves garlic  
1 cm stem of ginger  
2 tablespoons oil  
2 cups red lentils  
2 teaspoon ground coriander  
1 teaspoon cumin  
1 teaspoon turmeric  
1 cup preserved or fresh tomatoes  
5 stems chives  
3 large spinach leaves (or green alternative)  
salt  
2 cups water approx  
Parsley or coriander for garnish

## Method

1. Peel and finely chop the onion, garlic and ginger.
2. Heat the olive oil in the frypan and cook the onion, garlic and ginger.
3. Add the coriander, cumin and turmeric. Stir until golden brown.
4. Add the lentils, tomatoes and water and cook for 5 minutes.
5. Finely chop the silver beet and add to the dhal to cook gently for up to 10 minutes.
6. Cut the chives with scissors into 1/2 cm lengths and add to the dhal.
7. Add salt to taste.

Serve into 4 bowls and garnish with the parsley. (use dessert spoons for serving)