

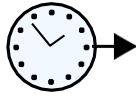









  
Lentil Daal Recipe

   
The ingredients I will need are:

 
dried chillies




 
tumeric





2  
2 onions




4 
4 
garlic cloves





1  
1 tin





coconut milk

1  
1 tube of

tomato puree




1  
1 tin of
 
chopped tomatoes

1  
1 vegetable

stock cube



 
ground
 
cumin

 
ground
 
coriander




 
garam masala

 
red

lentils

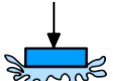
start | ▶


 chop the onions



 into small squares





 crush the






 garlic cloves

 ask an adult to

 put a frying pan

 on a low heat










 add some oil




 to the frying pan


 put the onions


 + and garlic into the





 frying pan






 fry






 for 5 minutes





 ask an adult to





 put a big pan



 on a medium heat



 put some water into




 the big pan and wait




 for the water to boil

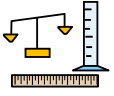

 when the water is



 boiling you will



 see lots of bubbles!



 measure 250



 grams of lentils


 add the lentils




 to the boiling water



 boil the lentils






 for 10 minutes




 put 3 teaspoons of tumeric,




 garam masala, ground



 cumin and ground



 coriander into the onions



 mix and fry




 for 3 minutes

 use a tin opener and

 open the chopped

 tomatoes and coconut milk

pour the tin of
coconut milk to the
pan with the onions

pour the tin of chopped
tomatoes into the pan
with the onions

mix!

ask an adult to pour
the pan with the lentils
into a sieve at the sink

wait for all the
water to drain out

pour the lentils into
the frying pan with
the yummy sauce

add a big squeeze
of tomato puree

add half a
teaspoon of dried chilli

crumble the
vegetable stock cube
into the frying pan

mix!

use a small
spoon and taste

it will be hot! blow
the spoon before
putting it in your mouth

does it need
some more salt?

cover the pan with a
lid and wait until
you see bubbles!

when you see the
bubbles, leave to
cook for 20 minutes

finish