

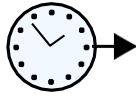









  
Lentil Daal Recipe

   
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

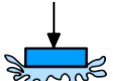
start | ▶


 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

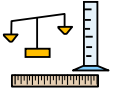

 when the water is

 boiling you will







 see lots of bubbles!






250



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





3




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

