

Boundary Way

Sri-Lankan Courgette & Spinach Dhal

by Kanj Nicholas

Ingredients

2 cups orange lentils	2 cloves garlic
1 litre boiling water	2-3 green chillies
2 tbsp coconut oil or vegetable oil	5 curry leaves
2 tsp turmeric powder	1 courgette
1 tsp mustard seeds	1 tomato
1 tsp cumin seeds	1 cup coconut milk
1 tsp cumin powder	1 bunch of spinach
1-2 tsp salt or to taste	

Method

Wash lentils three to four times until the water runs clear. Prep all the vegetables. Cube the courgettes, chop the onions and tomatoes. Slice the green chillies and garlic, wash and chop the spinach.

Put the washed lentils into a pan. Pour the hot water into the pan along with 2 tsp of turmeric and simmer for about 25-30 minutes. You might have to add a bit more water to it, if it begins to dry up. You can judge if it is done, when it looks thick and creamy.




While the dhal is cooking, you can start the next stage. Heat up the oil in a pan. When it is hot, add the mustard seeds and stir. Follow with the cumin seeds and stir. Now turn in the chopped onions and fry for a minute. Add the sliced garlic, green chillies and curry leaves and fry for 2 minutes. Add into this, the chopped tomatoes and cook for another 2 minutes. Now you can add the cubed courgettes, stir well and cook for 5 more minutes.

The lentils should be cooked by now. Take the lentils off the hob and ladle them, into the courgette mix. Add the coconut milk and stir the lentils and courgettes well. Reduce the heat and allow to cook for a further 5 minutes. Scatter the spinach over, mix into the dhal, and cook for another minute. Add salt to taste. Sprinkle the cumin powder and turn off the hob.

Serve with plain cooked rice or chapatis.

With thanks to Kanj Nicholas for the recipe and background artwork.

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