

Good for batch cooking



Coconut daal with chickpeas and coriander

Serves 1

75g dried red lentils, rinsed under cold running water

¼ tsp turmeric

300ml boiling water

95g tinned chickpeas (drained weight)

90ml tinned coconut milk

1½ tsp coconut oil

1 small red onion, peeled and finely chopped

1 clove garlic, peeled and crushed

30g grated ginger

1 green chilli, finely chopped

1 tsp mustard seeds

1 tsp ground cumin

Pinch of chilli powder

Small bunch of coriander, chopped

Method

Put the rinsed lentils and turmeric into a saucepan, pour over the water and bring to the boil. Reduce the heat to a simmer then cook gently for 10 minutes. Add the chickpeas and coconut milk and simmer gently for a further 10 minutes until the lentils are soft, adding a splash of water if the mixture starts to dry out.

Meanwhile heat the coconut oil in a frying pan over a high heat, add the onion and fry for 5 minutes until caramelised. Add the garlic, ginger and chilli and fry for a couple of minutes until soft. Add the spices, fry for a minute then tip everything into the saucepan with the lentils and chickpeas. Remove from the heat, season with salt and stir through the coriander.

Tips

If you're going to batch-cook this recipe, make it to the point just before adding the coriander then divide into portions.

The best way to freeze this dish is to leave it to cool completely then spoon portions into individual freezer bags. Lay on a tray and freeze flat.