

1/2 recipe

DAHL

- 2 kg yellow split peas
- 1/3 cup olive oil
- 3 tsp cardoman seeds
- 3 tsp black mustard seeds
- 2 big onions
- 1 bok choy

- 4 garlic cloves
- 2 tbsp yellow curry paste *1/2 tablespoon curry powder*
- 3 tsp turmeric
- salt to taste

1. Place split peas in a large pot and rinse with cold water then drain. Refill with water until water is 10 cm above the peas and bring to boil then simmer. Stir often, so it doesn't stick to the bottom..
3. Finely dice onion and garlic.
4. In a frying pan place oil and add cardamom seeds then mustard seeds. Fry for a few minutes until seeds pop – this releases all the flavours.
5. Add onion and fry until onion starts to brown. Add garlic and cook for a few minutes.
6. Add yellow curry paste and turmeric and fry for few minutes until all flavours are released.
7. Add onion mixture to split peas and mix well.
8. Wash & finely chop bok choy (stem & leaves) and add to dahl. Cook for another 5 min or until bok choy has wilted.
9. Serve in 2 bowls

8.
Instead of bokchoy/
spinach add
2 cups of grated
pumpkin and 1 tin
chopped tomatoes.

Cook for 10 minutes then
add 1/2 tin coconut
milk, heat through
then remove from
stove.