

Vegetable Dahl

Serves 4-6

Ingredients:

- 2 onions, diced
- 4 gloves of garlic, finely diced
- 2 tablespoons grapeseed oil*
- 2 tsp ground cumin
- 2 sachets of miso paste
- 2 grated carrots
- 2 grated zucchini
- 1 packet of frozen spinach, thawed and juice squeezed out
- 800g tin of diced tomatoes
- 2 400g tins of organic brown lentils
- ½ cup water and/or vegetable stock
- ½ cup pine nuts
- ½ teaspoon Madras curry paste if you like added spice

Saute onions, garlic until tender. Stir in curry paste if desired. Add the vegetables, miso and stock. Stir well and allow to simmer for about 15-20 minutes or until carrots are soft.

Serve on brown rice and sprinkle with pine nuts.

* I prefer to use grapeseed oil for frying as it has a higher temperature tolerance than olive oil.

