



Dal with spinach, lemon yoghurt and rice

Ingredients (serves 10)

- 1 kg red lentils (or yellow)
- 7.5 cm ginger
- 3 onions
- 3 cloves of garlic
- 2 kg cans of tomatoes (pieces)
- 750 g fresh spinach (or frozen spinach leaves)
- 5 carrots
- 2 ½ lemons
- 5 tsp cumin
- 5 tsp of other spices (e.g. kukuma, curry, garam masala, ...)
- 1250 ml vegetable stock
- 1 large bunch of coriander or parsley
- 400 g yoghurt
- 2 ½ lemons
- 750 g rice

Preparation

1. Peel and chop the onion and garlic. If necessary, peel the ginger and also chop it into small cubes. Cut the carrots into even cubes.
2. Heat a neutral oil or coconut oil in a saucepan and sauté the onions and ginger until colourless. Add the garlic, about 30 seconds later add the spices and sauté for 1 minute.
3. Add the lentils and fill well with hot vegetable stock and bring to the boil. Add the tomatoes and simmer on a low heat.
4. After about 5 minutes, add the carrots.
5. Wash and roughly chop the spinach. With frozen spinach, defrost beforehand. When the lentils are cooked, add them and let them simmer for about 2 minutes. Meanwhile, season with salt and acid (e.g. lemon juice, but vinegar also works).
6. Stir the yoghurt until smooth and season with a little lemon zest, lemon juice, salt and pepper.
7. Chop the coriander or parsley and garnish the rice with it.



Cook the rice

Wash the rice once, then bring to a boil in a pot with a lid in a ratio of 1:1.75 (rice:water) with salt. Reduce the heat and cook until the rice has absorbed the water and is cooked (about 8-15 minutes). It will start to hiss slightly, so you know that the water has been completely absorbed. Do not remove the lid during the entire cooking process!

<https://meinbdp.de/display/bula22/Rezepte>



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