

red lentil dal



DIFFICULTY: easy
SPECIAL DIETS:
 vegan, gluten-free
YIELD: 6 servings

PREPARATION TIME:
 10 minutes
TOTAL COOKING TIME:
 1 hour, 10 minutes

This soup has plenty of warm, fragrant spices with a tang of lemon that will leave you craving for more. It's a favorite for a chilly day and it will make your house smell amazing!

INGREDIENTS:

- 1.5 cup small red lentils, washed
- 8 cups of water
- 3 finely chopped tomatoes
- 2 finely chopped shallots
- 2 cloves of garlic, crushed
- 1 small piece of fresh ginger, crushed
- 1 tbsp grapeseed oil
- 2 lemons, juiced (approx. 3 tbsp)
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp turmeric
- 1 tsp chili powder
- 1 tsp mustard seeds
- 1 dried red chili
- 1 tsp sambal oelek
- 2 tsp cumin seeds, crushed
- ¼ cup fresh cilantro, for garnish

PREPARATION:

- ADD lentils, chopped tomatoes, shallots and water to soup pot and bring to a simmer
- TOAST ground cumin, coriander, turmeric & chili powder in a small skillet until fragrant
- ADD toasted spices and crushed ginger to pot. SIMMER for 45 minutes
- BLEND with a hand mixer until smooth
- HEAT oil in a small skillet. Warm mustard seeds and dried red chili, then TEMPER by adding a small amount of broth to the skillet
- TRANSFER tempered spices back to soup
- ADD lemon juice and sambal oelek. SIMMER for an additional 10 minutes
- GARNISH with fresh cilantro and crushed cumin seeds. SERVE and enjoy!

NUTRITIONAL INFORMATION:

serving size = 2 cups (498g)

calories 241 | fat 4.2g | protein 13g | carbs 40.1g | sugars ~g | fiber 7.2g | cholesterol ~mg

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This soup has plenty of warm, fragrant spices with a tang of lemon that will leave you craving for more. It's a favourite for a chilly day and it will make your house smell amazing!

INGREDIENTS:

- 300g small red lentils, washed
- 2 litres cups of water
- 3 finely chopped tomatoes
- 2 finely chopped shallots
- 2 cloves of garlic, crushed
- 1 small piece of fresh ginger, crushed
- 15mL grapeseed oil
- 2 lemons, juiced (approx. 50mL)
- 4g ground cumin
- 4g ground coriander
- 2g turmeric
- 3g chili powder
- 2g mustard seeds
- 1 dried red chili
- 5g sambal oelek
- 4g cumin seeds, crushed
- 4g fresh cilantro, for garnish

PREPARATION:

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- TOAST ground cumin, coriander, turmeric & chili powder in a small skillet until fragrant
- ADD toasted spices and crushed ginger to pot. SIMMER for 45 minutes
- BLEND with a hand mixer until smooth
- HEAT oil in a small skillet. Warm mustard seeds and dried red chili, then TEMPER by adding a small amount of broth to the skillet
- TRANSFER tempered spices back to soup
- ADD lemon juice and sambal oelek. SIMMER for an additional 10 minutes
- GARNISH with fresh cilantro and crushed cumin seeds. SERVE and enjoy!

NUTRITIONAL INFORMATION:

serving size = 500mL (498g)

calories 241 | fat 4.2g | protein 13g | carbs 40.1g | sugars ~g | fiber 7.2g | cholesterol ~mg