

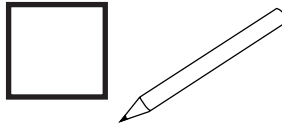
Recipe card

Tomato dahl

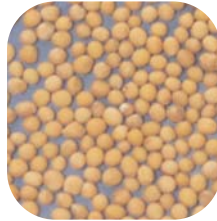


Tomato dahl for one person

Ingredients, things in this meal



1 bay leaf



1 teaspoon
mustard seeds



1 onion



$\frac{1}{2}$ teaspoon cumin



small tin of
tomatoes



1 teaspoon coriander



100g rice



$\frac{1}{2}$ teaspoon ginger

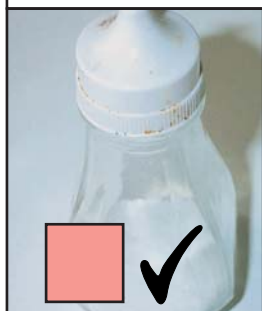


100g lentils



1 clove
of garlic

you also need to get



salt



pepper



oil (1 dessertspoon)



1 carrot

How to make your meal



Peel and crush the garlic.



Peel and chop the onion.



Peel and chop the carrot.

How to make your meal



Heat some oil in a saucepan. Add the pepper, garlic, onion, coriander, cumin, ginger and mustard seeds. Stir and fry for 5 minutes until soft.



At the same time cover the lentils with boiling water and add the bay leaf. Cook for 10 minutes.



Add the cooked lentils, tinned tomatoes and carrot to the onion mixture, stir and cook for 10 minutes. Take out the bay leaf.



Cover the rice in boiling water and add a pinch of salt. Cook the rice for 10 minutes and drain.



Serve the rice with the lentil mixture.