

Indian Dhal, spicy red lentils, cilantro and yogurt |

Recipe for 4 portions

Description

A warm dish in the spirit of a sharing table that we find in India.

Note

The kind of lentil can vary according to taste, but be aware that on the Indian side is with the red lentil.

Ingredients

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- 150 Gr Onion
- 3 Clove(s) Garlic
- 15 Gr Fresh ginger
- 1 Tsp Curcuma
- 1 Tbsp Garam masala
- 1 Tsp Cumin powder
- 0.25 Tsp Mild red piment
- 1 Liter(s) Water
- 100 Gr Red lentils
- 250 Gr Yukon gold potatoes
- 250 Gr Cauliflower
- 4 Tbsp Plain greek yogurt 0%
- 4 Sprig(s) Fresh cilantro

- Butter
- Salt and pepper

Preparation

- Preparation time **45 mins**

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Finely chop the onion and garlic cloves. Grate the fresh ginger.

Peel and cut the ginger in half.

Cut the cauliflower into small florets and the potato into small cubes.

Coarsely chop the coriander, season the yogurt with salt and pepper, add the coriander.

Dhal

In a saucepan, fry the onions in butter, add salt, be sure to brown it lightly.

Add the garlic, ginger pieces, spices and cook for a minute while stirring. Add the water, then the

lentils, bring everything to a boil, lower the heat, simmer for about 10 minutes, stirring often. Add the cauliflower and potato cubes and continue cooking for about 10 minutes. Make sure the lentils are cooked.

Remove the pieces of ginger, be sure to season with salt and pepper.

Once served on the plates, add a nice spoonful of yogurt and coriander to finish.

Bon appétit!