RED LENTIL DAHL WITH QUINOA

COSTS JUST £1 PER SERVING!

INGREDIENTS

LENTIL DAHL – SERVES FOUR

- 300g Hodmedod's dry red lentils
- 1 tbsp Scottish rape seed oil
- 2 onions
- 2 cloves garlic
- 1 tsp ginger
- 1 tsp turmeric
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp red paprika powder
- 1 tsp garam masala
- 780 ml veg broth made using 2 tbsps fava bean umami paste from Hodmedod's
- 240 ml oat milk
- 1 tin of tomatoes drained
- Splash of lemon juice
- Around 1 tsp of salt or to taste.



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DIRECTIONS

- Chop the garlic and onions and stir fry in the oil.
- Add all the spices and continue to stir fry for a few minutes.
- Wash the lentils in a sieve and add to the pan, mixing well.
- Pour in the veg broth and simmer for around 20 mins or until most of the liquid is absorbed.

DIRECTIONS CONTINUED...

- Add the oatmilk and strained chopped tomatoes and continue to cook for 10-15 mins or until the liquid is mostly absorbed again.
- Add a splash of lemon juice and season to taste with salt.

RED AND WHITE QUINOA

FOUR GENEROUS SERVINGS. 57P PER SERVING

- 340g of quinoa (2 cups)
- 4 cups water
- Salt to taste

THIS LENTIL DAHL RECIPE IS HIGH IN IRON, PROTEIN AND POTASSIUM!

Red Lentil Dahl

Nutrition Information

	Per 1 Serving	%Reference Intake RI
Energy	1605.3 kJ / 383.4 kcal	19 %
Fat	7.9 g	11 %
Of which Saturates	0.5 g	3 %
Of which Mono-unsaturates	2.3 g	
Of which Poly-unsaturates	1 g	
Carbohydrate	50.5 g	
Of which Sugars	8.3 g	
Of which Starches	1.3 g	
Fibre	11.3 g	
Protein	22.5 g	45 %
Salt	1.7 g	28 %
Vitamin C	7.8 mg	10 %
Vitamin A	15 µg	2 %
Calcium	132.5 mg	17 %
Iron	7.7 mg	55 %

* Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Per Serving

Full Info at cronometer.com </>

HOW TO FIND OUT MORE:

VEGAN OUTREACH SCOTLAND

- TO PURCHASE BRISTISH GROWN PULSES AND GRAINS VISIT: HODMEDODS.CO.UK
- READY TO TAKE THE NEXT STEP AND GO VEGAN? VISIT CHALLENGE22.COM WHERE YOU CAN ACCESS PLANT BASED RECIPES AND RECEIVE GUIDANCE FROM REGISTERED DIETICIANS WHILST YOU TRANSITION!