

RED LENTIL DHAL



Preparation : 10 min - **Resting :** - - **Cooking :** 45 min - **Equipment :** -

Ingredients : 6-8

- 250 g new potatoes - 1 onion - 1 tbsp olive oil - 200 ml coconut milk - 400 g tinned, peeled tomatoes - 3 -4 tbsp curry powder - 250 g red lentils, rinsed - 300 ml water - 8 g fresh coriander, - washed, leaves removed - salt, pepper

1. Peel and rinse the potatoes. Fit the food processing bowl with the midi bowl; install the 4mm slicing disc. Slice the potatoes using the FOOD PROCESSOR programme. Set the potatoes aside.
2. Peel and quarter the onion; chop in the metal bowl using the EXPERT programme (without heating) for 20 seconds/speed 13. Scrape down the wall of the bowl with a spatula* and add the olive oil. Restart the EXPERT programme for 3 minutes/ speed 3/120°C.
3. Add the lentils, potatoes, coconut milk, water, tomatoes (quartered) and juice, and half the coriander leaves to the bowl. Season with salt, a little pepper, and add the curry powder; run the EXPERT programme for 40 minutes/speed 1A/105°C.
4. Serve the dhal in bowls; garnish with the remaining coriander.

Chef's tip :

Dhal is a traditional Indian dish. As well as being healthy, it is delicious. When red lentils are cooked, they burst, giving the dhal a texture similar to that of a puree.

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