

# RED LENTIL DHAL



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

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**Ingredients :** 6-8

- 250 g new potatoes, sliced (4mm) - 1 onion, quartered - 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 coriander sprigs\*, leaves removed - salt, pepper

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1. Chop the onion in the metal bowl using the EXPERT programme 15 seconds/speed 13 (without heating).
2. Scrape down the wall of the bowl with a spatula\* and add the olive oil. Restart the EXPERT programme, 3 minutes/speed 3/120 °C.
3. Add the water, tomatoes (quartered) and juice, potatoes, lentils, coconut milk, and half the coriander leaves to the bowl. Season with salt, a little pepper, and add the curry powder; run the EXPERT programme, 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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