



STORE CUPBOARD CHICKPEA DAHL

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 2

11 tbsp olive oil
1 large onion, chopped
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground turmeric
1 tsp ground ginger
1 tsp chilli flakes
400ml coconut milk
400ml chickpeas
400ml tinned tomatoes
150g red lentils
a couple of large handfuls of
fresh spinach/
or 3 balls of frozen spinach
fresh coriander to serve

METHOD

1. Heat the olive oil in a large pan and add the onion. Cook for 8 minutes, until lovely and soft.
2. Add all the spices with a splash of water and let them cook for a couple of minutes.
3. Add the coconut milk. Stir and then add the chickpeas and tinned tomatoes and cook for 1 minute.
4. Add the lentils and stir. Let the dahl simmer gently for about 20 minutes, stirring regularly. You might need to add a little water if it gets too dry.
5. Stir through the spinach until wilted.
6. Serve with some chopped fresh coriander if you have any.