

# Korma Daal

TIME: 30 MINUTES | SERVES: 2 | CUISINE: INDIAN | SULTRY

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DIETARY:  
Vegetarian, Low Fat

### MAKING THIS RECIPE

#### Ingredients

- 1 x tbs Olive oil
- 1 x White Onion, diced
- 2 x Garlic cloves, diced
- 1 x heaped tbs [Korma Spice Blend](#)
- 250g Red Lentils (Rinsed)
- 400g tin of tomatoes
- 400ml vegetable stock
- Salt & Pepper

1 tbs of Greek yoghurt and fresh Coriander to serve

#### Method

##### Step 1

Heat 1 tbs olive oil in a pan and fry the onions and garlic for 2 mins

##### Step 2

Add the heaped tbs of Korma Spice Blend and stir through

##### Step 3

Add the red lentils, stock and tomatoes, bring to the boil

##### Step 4

Lower the heat and give a good stir then allow to cook for around 10-15 minutes

##### Step 5

Season with salt and pepper and serve in a bowl, garnish with a swirl of Greek yoghurt and chopped fresh coriander, enjoy!

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