

Korma Daal

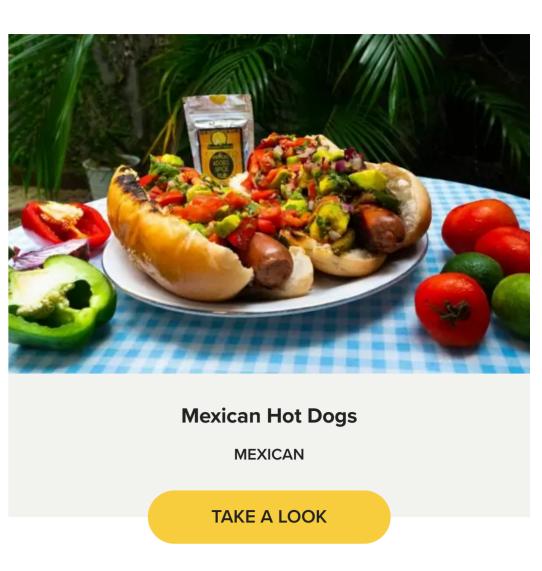
TIME SERVES CUISINE SULTRY J 3 30 MINUTES 2 INDIAN

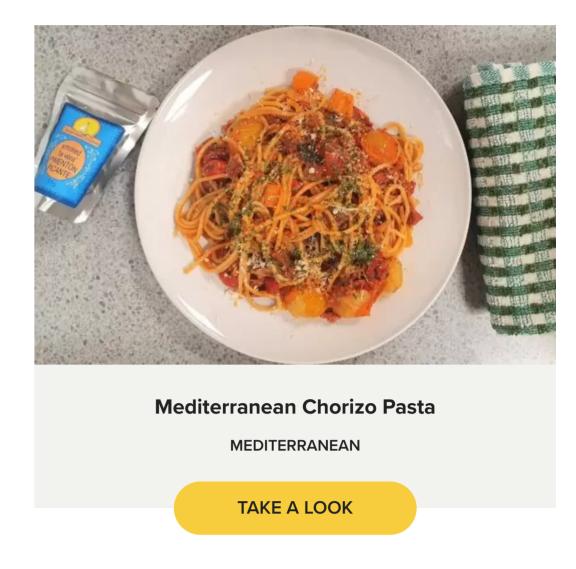


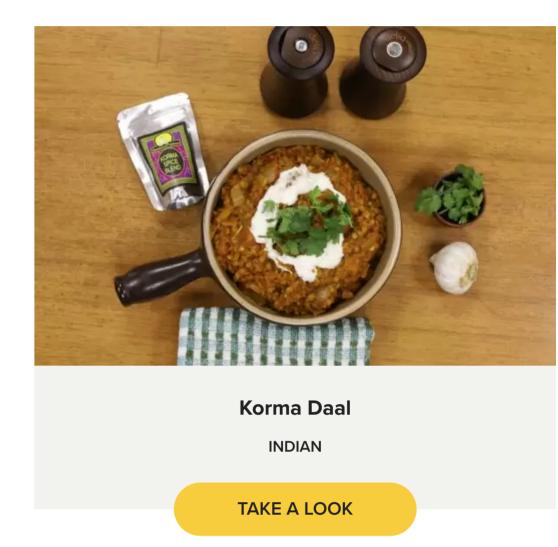
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MAKING THIS RECIPE

Ingredients

Vegetarian, Low Fat

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

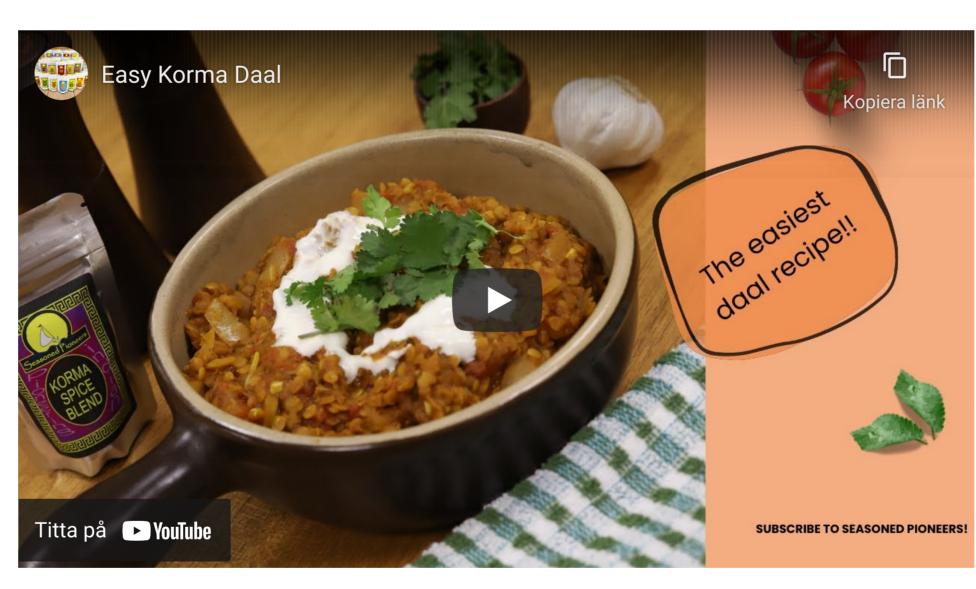
Step 3

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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