

Coconut Dahl with Cauliflower & Silverbeet

Season: Winter/Spring

Makes: 30 tastes or 6 serves at home

Fresh from the garden: cauliflower, coriander, curry leaves, red onion, silverbeet

This mildly spiced dahl is a fantastic way to introduce new and unfamiliar spices to your students. Pass the spices around so everyone can sniff and feel them.

EQUIPMENT

metric measuring jug, cups and spoons
clean tea towel
chopping board
cook's knife
large pot
2 wooden spoons
large non-stick frying pan
ladle
serving dish

INGREDIENTS

3 cups red lentils
1 x 400 g can diced tomatoes
1 tsp ground cumin
1 tsp ground coriander
½ tsp ground turmeric
1.5 L water
2 tbsp sunflower oil
2 tsp cumin seeds
2 tsp black mustard seeds
1 red onion, peeled and diced
15 curry leaves
1 x 400 ml can coconut milk
1 small cauliflower, broken into small florets
6 silverbeet leaves, shredded
salt and pepper, to taste
1 small handful fresh coriander, leaves picked

WHAT TO DO

- Prepare all the ingredients based on the instructions in the ingredients list.
- Combine the lentils, diced tomatoes, cumin, coriander and turmeric in a large pot.
- Add the water and bring to a simmer until the lentils begin to break down, around 20 minutes. Stir occasionally.
- Heat the oil in the frying pan over a medium-high heat, then add the cumin and mustard seeds and cook until the spices begin to pop.
- Add the diced red onion and curry leaves to the spices in the frying pan and cook, stirring, for 5 minutes or until the onions have softened and the mixture is fragrant.
- Put this spice mixture, along with the coconut milk and cauliflower florets into the pot of lentils and stir to combine.
- Cook, stirring occasionally, for a further 10 minutes or until the cauliflower is tender.
- Stir through the silverbeet, turn off the heat and season to taste.
- Garnish with fresh coriander leaves before serving.