 

LENTIL & VEGETABLE DAHL served with THE CRATER RIM FROM THE ASHES PINOT GRIS

SERVES: 4

INGREDIENTS

1 cup red lentils

1 cinnamon stick

600ml vegetable stock

1 cup pumpkin, chopped into cubes

1 cup cauliflower florets

1 Tbsp vegetable oil

1 large onion, finely chopped

1 Tbsp grated ginger

2 cloves garlic, crushed

2 tsp turmeric

2 tsp cumin

1 tsp garam marsala

½ tsp chilli flakes

2 large handfuls spinach

COOKING DIRECTIONS

* Place lentils, cinnamon, stock and vegetables into a crockpot.
* Heat oil in a pan and fry onion, garlic and ginger for two minutes. Add spices and chilli flakes and fry for another minute, mixing spices well through other ingredients. Add to crockpot.
* Set crockpot on high for two hours.
* Remove cinnamon stick and add spinach – cook for further 30minutes.
* Serve dahl in bowls topped with natural yoghurt and coriander with pappadums on the side.

