

Dal

Ingredients:

- 1 tablespoon Olive oil
- 1 onion
- 2 tablespoons garlic and ginger paste
- 1 tablespoon cumin seeds
- 1 tablespoon coriander powder
- 2 teaspoons Garam Masala
- 1 teaspoon turmeric
- 3 small tomatoes
- 1 1/3 cups red/yellow lentils
- Salt and Pepper to taste



Equipment:

- Knife
- Chopping board
- Strainer
- Measuring spoons
- Medium saucepan
- Wooden spoon
- Measuring jug- large



Method:

1. Collect all of your ingredients.
2. Finely dice your onion, chop up the tomatoes and rinse the lentils in a mesh strainer.
3. Heat the olive oil in a medium saucepan and cook onion for 2-3 minutes.
4. Add the minced garlic/ginger, cumin seeds, coriander and curry powder. Cook for 1-2 minutes.
5. Stir through the diced tomatoes and then add the lentils along with 1 litre of water.
6. Put the lid on the pot and bring to the boil. Turn the heat down and simmer for around 25 minutes, stirring every 5 minutes so it does not stick.
7. Serve with chapati bread and enjoy.

Chapati

Ingredients:

- 1 cup whole wheat Atta flour (GF Atta Flour sub)
- 1 cup all-purpose flour (GF Plain Flour sub)
- 1 teaspoon salt
- $\frac{3}{4}$ cup hot water (or as needed)
- 2 tablespoons olive oil



Equipment:

- Large mixing bowl
- Wooden spoon
- Measuring cups
- Measuring spoons
- Measuring jug small
- Knife
- Rolling pin
- Large frying pan
- Tongs

Method:

1. Collect all of your ingredients.
2. Mix the flours and salt in a large mixing bowl.
3. Use a wooden spoon to stir in the water and olive oil.
4. Mix until a soft, elastic dough forms and add more water if needed.
5. Knead the dough on a lightly floured surface until smooth.
6. Divide the dough into 10 equal portions.
7. Roll each portion into a ball and let rest for a few minutes.
8. Use a rolling pin to roll dough balls out on to a lightly floured surface until very thin (like a tortilla).
9. Heat a lightly greased frying pan over medium heat. When it starts to smoke, place the chapati in it. Cook until the bottom has brown spots on it, about 30 seconds, and then flip and cook for 30 seconds more.
10. Place on a plate and cover with a clean tea towel.
11. Repeat this process with remaining chapatis.