Indian-Style Lentils



India is a country known for its various, endless and specific spices.

Spices we add enrich each dish, so when prepared in this way, Indian lentils are delicious and rich in various specific aromas.

INGREDIENTS:

300 g yellow lentils

800 ml of vegetable broth

1 big onion

4 cloves of garlic

1 cm of ginger

3 soup spoons of oil

1 tea spoon of curcuma

1 tea spoon of coriander

1 tea spoon of cumin

1 tea spoon of curry

250 ml. of cocoa milk

1 tea spoon of sugar

1 lemon Salt and pepper

1 tea spoon of chopped chilli (or 1 tea spoon of red hot pepper)

ADD TO YOUR PLATE:

Indian nuts

Chilli

Parsley

PREPARATION:

1. peel onion, garlic and ginger and chop them finely …

2. heat oil in a pot and add finely chopped onion, garlic and ginger and all the spices except salt and pepper…

3. fry for 5 to 8 minutes…

4. add lentils and vegetable broth… lower the temperature to medium to let the lentils simmer …

5. cook for 15-20 minutes…

6. when lentils absorb most of the liquid, add cocoa milk, lemon juice and sugar, add salt and pepper according to your taste …

7. cook for ca. 10 more minutes till lentils get soft …

8. if needed add a little water or cocoa milk …

9. serve hot, add Indian nuts, chilli and parsley into your plate…






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