

Name of Recipe: Red Lentil Dhal with greens.

Volunteer Notes: Dahl will take 20 mins to cook.

From our garden- warrigal greens, silver-beet, rainbow chard, parsley, coriander, mint

What to collect	What to do
2 cups of red lentils (or green or brown) 6-cups of water 2 tsp turmeric 2 tsp sea salt	Place ingredients in heavy base saucepan. Cover with lid. Bring to boil, and then turn down to simmer for 20 mins until tender.
3-4 tblsp oil 1 large onion, peeled, cut into ½- finely sliced 4 cm piece ginger finely grated	While lentils are cooking, heat oil in another pan. Add onion & ginger and stir-fry on low heat for 8-10 mins so onions are soft and transparent. Remove from heat – add to lentils when they are tender, then simmer the mix for a further 5 mins.
Salad spinner Silver-beet Rainbow chard Warrigal greens  Mint/parsley/coriander	Check the greens for snails, etc & wash well and spin dry-roll the leaves up and finely slice them. Add the greens to the dhal for the last 8 minutes of cooking. Pick and wash the herbs, slice. Add herbs at last 5 minutes.
3-4 tsp garam masala	Add spices / herbs to lentils, mix well TASTE, Adjust if needed. Divide into 3 bowls.

**Garam Masala Mix: You will be using this mix for your dhal, put any leftover in a glass jar with lid. Label with ingredients/date.**

**4-x tsp Coriander Seeds**

**1 x tsp Black Pepper Seeds**

**2 x tsp Cumin Seeds**

**1 x tsp Cloves**

**1 x tsp cinnamon**

**1 tsp Cardamom pods.**

**If whole spices are used grind each one separately, then measure their amounts and combine.**

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