

Potato & Lentil Dhal

Allergens – Celery

Ingredients

Quantity	Ingredient
500g	Red Lentils
500g	Potatoes (chopped)
200g	Whole Leaf Spinach (chopped)
400g	Onion (diced)
800g	Tinned Tomatoes
30g	Vegetable Bouillon Paste
20ml	Vegetable Oil
15g	Ground Turmeric
7g	Mild Chilli Powder
2ltr	Water



Method

1. Heat the oil in a pan over and over a low heat cook the onions until softened. Add the garlic and spices and cook together for one minute.
2. Turn the heat up to medium and add the potatoes and coat thoroughly with the mixture.
3. Add the lentils, stock and some seasoning, bring to the boil, reduce the heat and simmer for 20 minutes until the lentils are tender and the potatoes still hold their shape.
4. Gently stir in the spinach until it is completely wilted.
5. Taste and adjust the seasoning if necessary and serve.

Nutritional Content per 180g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 126.5	= 2.0	= 0.3	= 3.3	= 0.5	= 21.3

Portion size - Primary - 180g