

## Coconut Dahl with Cauliflower & Silverbeet

**Season:** Winter/Spring

**Makes:** 30 tastes or 6 serves at home

**Fresh from the garden:** cauliflower, coriander, curry leaves, red onion, silverbeet

This mildly spiced dahl is a fantastic way to introduce new and unfamiliar spices to your students. Pass the spices around so everyone can sniff and feel them.

### EQUIPMENT

metric measuring jug, cups and spoons  
clean tea towel  
chopping board  
cook's knife  
large pot  
2 wooden spoons  
large non-stick frying pan  
ladle  
serving dish

### INGREDIENTS

3 cups red lentils  
1 x 400 g can diced tomatoes  
1 tsp ground cumin  
1 tsp ground coriander  
½ tsp ground turmeric  
1.5 L water  
2 tbsp sunflower oil  
2 tsp cumin seeds  
2 tsp black mustard seeds  
1 red onion, peeled and diced  
15 curry leaves  
1 x 400 ml can coconut milk  
1 small cauliflower, broken into small florets  
6 silverbeet leaves, shredded  
salt and pepper, to taste  
1 small handful fresh coriander, leaves picked

### WHAT TO DO

- Prepare all the ingredients based on the instructions in the ingredients list.
- Combine the lentils, diced tomatoes, cumin, coriander and turmeric in a large pot.
- Add the water and bring to a simmer until the lentils begin to break down, around 20 minutes. Stir occasionally.
- Heat the oil in the frying pan over a medium-high heat, then add the cumin and mustard seeds and cook until the spices begin to pop.
- Add the diced red onion and curry leaves to the spices in the frying pan and cook, stirring, for 5 minutes or until the onions have softened and the mixture is fragrant.
- Put this spice mixture, along with the coconut milk and cauliflower florets into the pot of lentils and stir to combine.
- Cook, stirring occasionally, for a further 10 minutes or until the cauliflower is tender.
- Stir through the silverbeet, turn off the heat and season to taste.
- Garnish with fresh coriander leaves before serving.