

INDIAN BACON AND LENTIL DAL

SOUTH ASIA
/ INDIA

ORIGINS

One of India's most famous dishes, the origins of the humble Dal date way back to 3000 BC. Archaeological evidence has discovered it was a staple dish made by the Indus Valley Civilization as it was sustaining and easy to prepare from readily available pulses and spices. Still an essential dish in Indian cuisine today, many versions have been made, including vegetables and meats.



4



10 min



25 min



WHAT YOU NEED

- 1/2pkt (17 g) Indian spice
- 200 g green puy lentils
- 3 short bacon rashers, cubed
- 1 onion, chopped
- 1 tomato, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 100 g spinach leaves
- 2 cups chicken stock
- 1 lemon, quartered

HOW TO MAKE

①

Sauté onion, carrot and celery and bacon, 5 min.
Add spice, sauté 1 min.

②

Add lentils, stock and tomato, simmer 20 min till lentils cooked.

③

Stir in spinach leaves.

HOW TO SERVE

Serve with roti or rice and fresh coriander, serve with lemon wedges.

HINTS & TIPS

SIDES & CONDIMENTS

Serve with an eggplant or tomato kasundi.

SWAPS & ALTERNATIVES

veggie combos: potato or pumpkin can be added.

Reduce meat: leave out bacon.

alternative: use red lentils or yellow split peas.

**FLAVOURS
OF THE WORLD**



FOTW.COM.AU