



Easy dahl soup



Serves 2

Recipe by Kirsten Bacon



35 minutes

INGREDIENTS

- ½ cup red or yellow lentils
- 2 cups water or vegetable/chicken or any stock in the cupboard
- ½ small onion, finely chopped
- 1 small tomato, chopped (or 2 tbsp canned tomatoes)
- 1 garlic clove, minced (optional if your curry paste already has garlic)
- 1 tbsp curry paste (any kind you like — Thai red, yellow, or Indian curry paste all work)
- 1 tbsp oil, butter, or ghee
- Salt, to taste
- 1 wedge lemon or lime, to serve

NOTES

I like to stir in ¼ cup coconut milk or cream in the last few minutes for creaminess, and a handful of fresh spinach or chopped kale for extra nutrition.

DIRECTIONS

1. Rinse the lentils under cold water until the water runs clear.
2. In a small pot, heat the oil, butter, or ghee over medium heat.
3. Add the chopped onion and cook for 3–4 minutes until soft and slightly golden.
4. Stir in the curry paste (and garlic if using). Let it cook for 1 minute to release its flavour and aroma.
5. Add the chopped tomato, lentils and 2 cups of water or stock, stirring well to combine.
6. Bring to a boil, then reduce heat to low, cover, and simmer gently for 20–25 minutes, stirring once or twice so it doesn't stick.
7. Add extra water if you like it soupier.
8. Taste and season with salt (you may not need much if your curry paste is salty).
9. Serve with a squeeze of lemon or lime and a bit of coriander or fresh herbs.



Breakfast

with Kim Napier

on 91.7 and the ABC listen app

