



Peanut and chilli dahl

 Serves 8

Recipe by Antarctic chef Kerryn Oates

INGREDIENTS

- 1 finely diced onion
- 1tsp minced garlic
- 1tsp minced ginger
- 500g red lentils (can use split peas also)
- 3tbsp skinless raw peanuts
- 2-2.4L water
- 250g chopped tomatoes (tinned or fresh)
- 2tsp ground turmeric
- 8tbsp ghee
- 2tsp yellow mustard seeds
- 1/2tsp asafoetida
- 3 dried chillies (or more!)
- 20 curry leaves
- 1.5tsp chilli powder
- 4tsp palm sugar
- Salt to taste
- Juice of one lemon

DIRECTIONS

1. Sauté onions in 2tbsp ghee until translucent. Add ginger and garlic and cook for a minute before adding lentils, water, tomatoes and turmeric.
2. Bring to boil and then reduce heat and simmer for about an hour until lentils have started falling apart but still have shape, cook for longer if necessary, then sit to the side and it will thicken more while resting.
3. Soak the peanuts in hot water while doing the next step.
4. Heat remaining ghee in a frying pan before adding mustard seeds and asafoetida, stir until seeds start popping and then add dried chillies, curry leaves and chilli powder. Turn off as soon as they are stirred through.
5. Stir this through the dahl. Drain nuts and then add to dahl with palm sugar. Check for seasoning and add salt or more palm sugar to your taste.
6. Before serving, add lemon juice to taste, this will give it a life.
7. Serve with rice, roti, naan, coriander or have on its own.



Sundays
with Lucie Cutting
on 936AM and the ABC listen app





Peanut and chilli dahl variations

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Let your imagination run wild! This peanut and chilli dahl is a good base for other variations:

- Add coconut cream for a creamier dahl
- Add more stock and diced carrot and celery for a thick hearty soup
- Stir in frozen spinach or kale to up the vegie intake