

Spicy Dhal with Eggs



Ballarat Health Services

Ingredients

2 tablespoons olive oil
1 onion, finely chopped
1/4 cup fresh curry leaves
2 garlic cloves, crushed
2 teaspoons ground cumin
210g (1 cup) dried red lentils
625ml (2 1/2 cups) vegetable liquid stock
100g baby spinach
4 eggs
2 roma tomatoes, chopped
1/2 cup fresh coriander leaves
Pita bread, to serve
Natural yoghurt, to serve (optional)



Method

Step 1 Heat 1 tbs oil in a large saucepan. Add the onion and cook, stirring, for 2-3 minutes. Reserve a few of the curry leaves for the garnish. Add the rest of the curry leaves to the pan and cook for 1 minute. Add garlic and cumin and cook, stirring, for a further minute.

Step 2 Add the lentils and stir until well coated. Pour in the stock and bring the lentil mixture to the boil. Reduce the heat and simmer for 15 minutes or until the lentils are soft. Add the spinach and cook, stirring, until just wilted. Season

Step 3 Meanwhile, spray a large non-stick frying pan with oil. Place over medium heat. Fry the eggs for 2-3 minutes for sunny-side up.

Step 4 Divide the dhal among serving bowls. Top with fried eggs. Drizzle with the remaining oil. Scatter over the tomato, coriander and reserved curry leaves. Serve with pita bread and yoghurt, if you like.

High
protein
and
fibre

Source: www.taste.com.au