

# Lentil dhal with homemade flatbreads

Makes 6 portions

## Ingredients:

500g red or green lentils washed and drained  
2 x 400ml tins coconut milk  
400ml water  
3 cloves garlic crushed  
2 large tomatoes cut into small chunks  
1 tsp chilli powder  
1 tsp ground cumin  
1 tsp curry powder  
1 tsp paprika  
400g self raising flour  
350ml warm water  
Salt

## Method:

1. Heat pan with a little oil and add spices and garlic. Cook for 2 mins.
2. Add tomatoes then followed by lentils, coconut milk and water.
3. Bring to the boil and simmer slowly for around 1 hour uncovered.
4. Keep stirring every 10 mins, ensuring it doesn't stick to the bottom of the pan.
5. Add a little water if getting too thick.
6. Once cooked, add salt to taste.
7. To make flatbreads – simply mix flour with water and a pinch of salt (you can add a few spices if you like) to form a dough. Leave to rest for 15 mins.
8. Portion out to golf ball size and roll out thin.
9. Heat frying pan on high.
10. Rub rolled breads with a little oil and cook each side for about 1 min.
11. Serve with dhal.

Maybe serve with some crushed avocado and yoghurt!



Using coconut milk gives plenty of flavour to a recipe



Spices have many antioxidants which help support our immune system