



## Black Dahl - Health , Easy and Low Cost

This easy recipe contains lentils and spices and is a tasty alternative to a standard curry. Lentils are believed to slow down the oxidation of carbohydrates, which are used to build up energy reserves that the muscles draw on during exercise. They offer two main advantages for athletes: Improved endurance due to their low glycaemic index. Improved muscle power due to their high protein content.

**Serves: 4, Prep time: 00:15, Cook time: 01:00**

### Instructions

1. Heat the oil in a non-stick frying pan/skillet over a medium-low heat. When hot, add the cumin seeds and let sizzle briefly, then add the onions, garlic, ginger, and chopped coriander stalks (reserve the leaves for garnish), and cook for 6-8 minutes, or until everything is starting to soften. Add the turmeric, chilli powder, garam masala, salt and sugar and cook for a further minute, or until fragrant.&nbsp;
2. Add the black urad dahl (lentils), chopped tomatoes, turmeric, salt and water into the pan and simmer for 1 hour to 1 hour 30 minutes, or until the lentils are tender.

### Ingredients

- 2 tablespoon Olive oil
- 1 teaspoon Cumin seeds
- 1/4 teaspoon Turmeric, ground
- 2 Onions, finely chopped
- 4 Garlic, cloves, finely chopped
- 1 Fresh ginger (5cm), peeled and finely chopped
- 1 Corriandar, fresh bunch, leaves and stalks finely chopped
- 1/4 teaspoon Chilli powder
- 2 tablespoon Garam Masala
- 1 pinch or to taste Sea salt
- 250 gallons Black lentils
- 400 grams Chopped tomatoes, tin/can (14 oz)
- 1/4 teaspoon Turmeric, ground
- 1.25 litres Water (42.5 oz (U.S.))

3. When the lentils are cooked, stir through the Greek yogurt and serve garnished with the chopped coriander leaves.

When I cooked this I added more chili powder and fresh chilis to give it a kick as I like spice.

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- 100 milliliters Yoghurt, Greek style, full-fat (3.5 oz (U.S.))