

spicy dahl

prep: 45m
stove top: 20m

serves: 4-6

ingredients:

1 cup red lentils
2 tbsp minced ginger
1 tsp mustard seed
2 tbsp chopped cilantro
4 tomatoes, chopped
3 onions, chopped
3 jalapenos, seeded and minced
1 tbsp cumin
1 tbsp coriander seed
6-8 tsp minced garlic
2 tbsp olive oil
1 cup water
salt to taste

notes:

✓ vegan friendly

instructions:

- cook lentils until soft
- in skillet, heat oil and mustard seeds, add onion, ginger, peppers, garlic
- saute until onions are cooked
- add coriander, cumin, tomatoes, saute until thoroughly cooked
- add water, boil 6 minutes, salt to taste, add cilantro
- serve hot

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