

# Dal with greens

*Serves 4*

*Freezable*



## Ingredients

- 180g chana dal or red lentils or a mixture
- ¼ tsp turmeric
- 160g fresh or frozen spinach or other greens
- ½ tsp salt
- 2 handfuls cherry tomatoes, quartered
- 4 tsp olive oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- ¼ tsp nigella seeds
- ¼ tsp fennel seeds
- 2 whole dried chillies (optional)

## Method

Rinse the dal and lentils then put them in a pan with the turmeric and litre of water. Bring to the boil then cover partially and simmer over a lower heat for 40 mins. Add the spinach and salt and cook for another 10 mins, stirring occasionally. Add the tomatoes.

Heat the oil in a small pan and when hot, add the seeds and chillies. When the mustard seeds pop stir the oil into the dal and serve.

Adapted from a recipe by Madhur Jaffrey.