

# Dahl with Boab Leaves

## Ingredients

225g red lentils

2 onions

1 tomato

250ml coconut milk

2 green chilies, chopped

1 heaped teaspoon turmeric

1 heaped teaspoon ground cumin

1 heaped teaspoon coriander

2 tablespoon oil

1 heaped teaspoon cumin seeds

1 heaped teaspoon black mustard seeds

10 curry leaves

2 cups boab leaves

## Method

Put lentils in saucepan with 500mls of water and place on heat. Add 1 roughly chopped onion, tomato, coconut milk, chili, turmeric, ground cumin and coriander. Simmer for about 25 minutes or until soft.

Heat oil in fry pan, add cumin and mustard seeds stirring for 1 minute. Add diced onion and curry leaves, fry until onion is soft and brown then add to lentils. Add boab leaves, season with salt (or sweet soy sauce) and simmer for further 5 minutes. \*Option to add vegetables such as cauliflower, spinach, sweet potato or fresh coriander.

Serve with rita, rice and/or Indian bread.

