

## LENTILS WITH SPINACH/SILVERBEET (Dhal)

<i>Ingredients</i>	<i>Equipment</i>
4 Spinach/Silverbeet Leaves	Large Saucepan
300 Grams Lentils	Chopping Boards
1 Large Red Onion	Chef's Knives
2 Cloves Garlic	Teaspoon Measures
2 Green Chillies	Cup Measures
1 Teaspoon Tumeric	Wooden Spoon
1 Teaspoon Mustard Seeds	Colander
Salt & Pepper to taste	Large Bowl
1 1/2 Cups Coconut Milk	
2 Curry Leaves	
2 Cups Water	

### *What to do*

1. Get out all required equipment
2. Weigh and measure ingredients
3. Place lentils in the large bowl and fill with water just covering the lentils. Wash the lentils with the water and rinse with the colander.
4. Place the lentils in the saucepan
5. Peel and cut the onion in half and cut into slices
6. Cut chillies finely.
7. Cut Garlic finely
8. Chop spinach/silverbeet roughly.
9. Put the onion, chillies, and garlic, turmeric, mustard seeds, curry leaves into the saucepan with the 2 cups of fresh water.
10. Place on stove and when the water starts boiling, turn down and simmer until lentils are soft

11. When lentils are soft add the coconut milk and roughly chopped silverbeet.
12. When the liquid starts simmering again, turn off heat and place lentils into a serving dish.
13. Serve with rice or roti bread.