

ATLAS

TRADING COMPANY (PTY) LTD

RED LENTIL CURRY

200 gr RED LENTILS, RINSED

1 ONION, FINELY CHOPPED

2 CLOVES GARLIC, CRUSHED

2 ml CHILLIE POWDER

5 ml GROUND CUMIN (JEERA)

5 ml TUMERIC

1 LARGE RIPE TOMATO

SALT TO TASTE.

METHOD :

- Boil the lentils in sufficient salted water till soft.
- Drain and set aside.
- Saute the onions & garlic in a little oil till soft.
- Add the chillie powder, cumin & tumeric & stir fry for another few minutes.
- Add the tomato & reduce the heat & simmer for few minutes.
- Add the lentils & mix well.
- season with salt
- Serve with rice