

LENTIL / DHAL CURRY RECIPE

Lentil curry or dhal is a well known staple food in every household. Try this delicious easy to make recipe.

Ingredients:

- 200gr Atlas Red lentils , rinsed
- 1 onion, finely chopped
- 2 cloves garlic or crushed (Available In-Store)
- 2 tsp Atlas chilli powder
- 2 Tbsp Atlas Leaf or Father-in-law or Mother-in-law Masala (Choose 1)
- 1 large tomato
- Salt to taste

Method:

- 1) Boil lentils in sufficient salted water till soft
- 2) Drain and set aside
- 3) Sauté the onions & garlic in little oil till soft
- 4) Add the chilli powder and masala & stir fry for a few minutes
- 5) Add tomato & reduce heat. Simmer for a few minutes
- 6) Add lentils & mix well
- 7) Season with salt
- 8) Serve with rice