

Paneer Spinach Dahl

SERVES 4

COOKING TIME: 40 MINUTES

This wonderful filling dahl can be eaten on its own or as a side dish. Full of creamy, rich coconut flavours, it reheats well so you can keep it for a second hit later in the week. Lentils are highly nutritious and great for your gut microbiome. This recipe uses green lentils, but these can be swapped for yellow split peas (35–40 min cooking time), or red lentils (15 min cooking time).

Ingredients

3 tbsp olive oil	Juice of ½ lemon
1 onion, chopped	400ml can of coconut milk
3 garlic cloves, chopped	400g can green lentils, drained
1 tsp cumin seeds	100g spinach leaves
1 tsp ground coriander	1 tbsp fresh coriander, chopped
1 tsp ground turmeric	200g paneer, chopped into small cubes
2cm ginger, diced	Salt to taste (1tsp)

Directions

1. Heat the oil in a medium sized pan or casserole dish, and sauté the onion for 5 minutes. Stir in the garlic and cook for 1 more minute before adding the spices and ginger.
2. After 2 more minutes, stir in the lemon juice, coconut milk, lentils and salt. Bring the pan to the boil, then put the lid on and allow it to simmer for 10 minutes, stirring occasionally and adding more water if needed.
3. Add the spinach and paneer and cook for 5 minutes, then stir in the chopped coriander.