

Dhal

Ingredients

250g mung dal	1 tbsp cumin seeds
3 tbsp ghee/oil	1 tsp turmeric
1 onion, chopped	1 tsp garam masala
3 cloves of garlic, chopped	1 ½ tsp ground coriander
Thumb size piece of ginger, chopped	¼ tsp chilli powder
1 tin of plum tomatoes	1 tsp salt
	A handful of chopped coriander



Directions

1. Soak the mung dal for 20 minutes in cold water. Then place in a saucepan with 900ml water, season and bring to the boil. Skim off any froth that forms on the surface. Reduce to a gentle simmer and cook for approximately 20 minutes. Once tender, remove from the heat and whisk. Set aside to thicken.
2. Meanwhile, heat the ghee in a pan and add the cumin seeds. Once crackling, add the onion and fry for 5 minutes until golden brown.
3. Add the garlic and ginger to the pan and fry for another 2 minutes.
4. Add the turmeric, ground coriander, chilli powder and garam masala and fry for 30 seconds.
5. Add the tinned tomatoes, breaking the tomatoes up so they can cook down, and 100ml water. Season with salt and pepper.
6. Simmer over a medium heat for 20 minutes until the oil has risen to the surface and the sauce has thickened.
7. Add the cooked dhal to the sauce and stir well, adding more water as necessary to loosen the mixture. Stir in the chopped coriander to finish.

Easy Garlic Naan

Ingredients

MAKES 6
TIME: 30 MINUTES

- 250g self-raising flour, plus extra for dusting
- 200g greek yoghurt
- 1 tsp salt
- 2 tsp cumin seeds
- 2 tsp nigella seeds
- 50g ghee
- 2 small garlic cloves, finely chopped
- Handful of chopped coriander



Directions

1. In a large bowl, combine the flour, yoghurt, cumin seeds, nigella seeds and salt with a wooden spoon. Once combined, use your hands to bring it together until it forms a dough.
2. Tip the dough onto a lightly floured work surface and knead until smooth.
3. Leave the dough to rest for 20 minutes.
4. Divide the dough into 6 equal pieces and roll into thin circles using a rolling pin.
5. Cook one-by-one in a hot dry frying pan. Once one side starts to puff up, flip to cook the other side.
6. Heat the ghee with the garlic in a pan or in the microwave. Once heated, add the chopped coriander.
7. Brush each naan with the garlic butter as you go and enclose in foil to keep warm until the others are cooked.