

DAL MAKHANI (make about 6 portions)

500 g **cauliflower florets**

1 **red pepper**

1 **medium courgette**

1 tsp **cumin seeds**

1 **green chilli**

2 **onions**

thumb **ginger**

4 **garlic cloves**

2 **bay leaves**

1 **black cardamom** (split open)

2 cups whole **black lentils** (soaked overnight and pressure cooked for 8 mins) or 2 cups **red lentils** (no need to soak or cook)

½ cup **red kidney beans** (soaked overnight and pressure cooked for 12 mins) or 1 tin (rinsed)

¼ cup **pearl barley**

1.5 ltrs **hot water**

1/2 tin **tomatoes**

2 tbsp **puree**

1 dsp **miso**

1 tsp **turmeric**

3 tsp **korean chilli flakes** or ½ tsp **chilli powder**

1 tsp **garam masala**

2 tsp **paprika**

1 tsp **sweetner**

1 dsp **lemon juice**

60 g fresh **coriander leaves**

(optional) **cashew cream** (recipe below)

(optional) **fenugreek leaves**

Sauté the **cauliflower, red pepper** and **courgette** until starting to brown, then save to a bowl.

Sauté the **cumin seeds** for 1-2 mins, add the **green chilli** and cook for a further 1-2 mins

Add the **onions** and cook until golden, then add the **garlic, ginger, bay leaves** and **cardamoms**, stirring for 1 minute. Turn off the heat.

Add the **lentils, beans** and **pearl barley**.

Add 1.5 ltrs of **hot water**.

Add the **tomatoes, puree** and **miso**.

Add the **turmeric, korean chilli flakes, garam masala** and **paprika**.

Add the **cauliflower, red pepper, courgette** and **kale**.

Turn the heat back on, cover and bring to the boil then lower the heat right down and cook until everything thickens (+/- 1 hr), stirring occasionally to make sure nothing sticks.

Add **sweetner, lemon juice**, and **coriander leaves**.

Serve with a swirl of **cashew cream**, a sprinkling of **fenugreek**, and **naan** or **basmati rice**.

cashew cream

1 cup **cashews** (soaked overnight)

1.5 tbsp **oil**

1.5 dsp **apple cider vinegar**

1.5 tbsp **lemon juice**

1 tsp **mustard**

+/- 200 ml **water**

Blend everything together.