**DAL MAKHANI** (makes 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 tsps **korean chilli flakes** or ½ tsp **chilli powder**
1 tsp **garam masala**
2 tsp **paprika**

1tsp **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**

¾ cup **cashews** (soaked overnight)
¼ cup **coconut milk powder**
1.5 tbsp **oil**
1.5 dsp **apple cider vinegar**
1.5 dsp **lemon juice**
1 tsp **sweetner** (eg agave syrup)
1 tsp **mustard**
**water**

Blend everything together.

https://a-simpler-life.co.uk/what-we-eat-some-of-those-recipes/#dal-makhani