HERB & BEAN DHAL (makes 6 portions)

mint oil (see recipe below)
cashew cream (see recipe below)

1 tin of **split fava beans** or any other type of bean (drained) or 1/2 cup dried
1 tin of **kidney beans** (drained) or 1/2 cup dried
1 tin of **lentils** (drained) or ½ cup dried

2 large **onions** (300g)

4 **garlic cloves**
½ tsp **fenugreek seeds**
2 tbsp dried **mint**
1 tsp **turmeric**
1 tbsp **dill leaves**

500 g large leaf **spinach**
100 g fresh **parsley**
100 g fresh **coriander**

¼ cup **pearl barley**
black pepper
2 ltrs **stock** (**water** + 1 dsp **miso** + 1 tbsp **tamari**), less the aguafaba

1 small **red onion** or 2 **shallots**
1 tbsp **cumin seeds**
1-2 tsp **chilli flakes**
1 tsp **mustard seeds**

40 g (per person) **udon noodles** (cooked)

Prepare **mint oil** and **cashew cream**, combine and refrigerate for 2 hrs before use.
If using dried **beans**, pressure-cook both together for 10 mins, then add the **lentils** (except red ones) and cook for 3 minutes. When the beans are tender save to a bowl (including the aguafaba) with the lid on.
Sauté the **onions** until caramelised.
Stir in the **garlic**, **fenugreek**, **mint**, **dill leaves** and **turmeric**. Cook for 1-2 minutes more, then add the **spinach**, **parsley** and **coriander** in small handfuls, waiting until each has just wilted before stirring in the next.
Add the **beans, lentils** (with their aguafaba), **pearl barley** and **black pepper**, plus enough **stock** to make the liquid up to 2 ltrs in total (should fill the wok). Cover with a lid, bring to the boil, then reduce the heat and simmer for 1 hour, or until the beans are super tender and the greens khaki in colour.
While all this is happening, in a separate pan sauté the **red onion** until it starts to brown.
Then add the **cumin seeds**, **chilli flakes** and **mustard seeds**, cooking until the mustard seeds start to pop.
Add to this to the rest of the dhal when it is cooked.
Liquidise as much of the mixture as you want.
Reheat.

Serve with cooked **noodles**, and drizzle with **sour cream/ mint oil**.

mint oil

25-100ml **olive oil**
7 **garlic cloves**
1 tbsp dried **mint**
¼ tsp **turmeric**
black pepper

Sauté everything together until garlic is soft.

cashew cream

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

Blend together to achieve desired consistency.

https://a-simpler-life.co.uk/what-we-eat-some-of-those-recipes/#herb-bean-dhal