

Recipe created by Roberta Asher  
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Serves: 7 (½ cup per serve)

Time to prepare: 20 mins

Time to cook: 25 mins

Hands on time: 25 mins

Freeze: Yes

### Ingredients

1 cm piece of ginger

½ bunch fresh coriander

1 clove garlic

1 brown onion

3 dates

1 cup red lentils (180g)

Salt (less than ¼ teaspoon) and pepper

1 teaspoons ground coriander

½ teaspoon ground cumin

½ teaspoon garam masala

2 teaspoons oil

1 x 400g can diced tomatoes

60 ml water

500ml Campbell's bone broth - chicken

¾ cup low-fat unsweetened Greek yoghurt (~1 tablespoon per serve)

### NUTRITION INFORMATION

Per 1/2 cup serve

Energy	670 kJ / 160 cal
Protein	11.5 g
Carbohydrate	20 g
Dietary Fibre	5.7 g



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## Method

### PREPARE

1. Measure out the spices (**ground coriander, cumin, garam masala**) and put in a small bowl.
2. Wash the **ginger** well under cold running water. Leave in colander in the sink to drain.
3. Wash the **coriander** and dry in a salad spinner or colander.
4. Roughly chop the **fresh coriander** leaves and stems, discard the roots. Put the chopped **coriander** on a plate.
5. Peel the skin off the **ginger** with a vegetable peeler or a small knife. Finely mince the **ginger** on a handheld grater or a box grater. You should end up with about 2 teaspoons of **ginger**. Put on the plate with the coriander.
6. Remove and discard the skin of the **garlic**. Then crush using a garlic crusher or finely mince on a handheld grater. Add these to the plate too.
7. Remove the skin and cut the ends from the **onion** and discard. Chop the remaining onion finely. Add these to the plate.
8. Roughly chop the **dates** and put them on the plate.
9. Put the **red lentils** in a colander or strainer and rinse under cold running water to remove any dirt and grit. Pick out and discard any stones that you see.

### COOK

10. Heat the oil over a medium to high heat, add **onions, pepper** and a small amount of **salt**. Cook for 2 - 3 minutes until the onions become translucent.
11. Add the **fresh coriander, ginger, garlic** and spices (**ground coriander, ground cumin** and **garam masala**), stir for another minute until you begin to smell the spices.
12. Add the **dates, tomatoes, red lentils, bone broth** and **water**. Rinse the empty tomato can out with 60 ml of water and pour this in as well. Bring to the boil. Turn the heat down to low and scoop off any foam that has appeared on the surface with a metal spoon and discard.
13. Simmer uncovered for 20 - 25 minutes until the **lentils** are tender. As the lentils are cooking stir at least 4 - 5 times so that they cook evenly.
14. Blend until smooth with a stick blender or in a blender. You may need to blend in batches depending on the size of your blender.

**Safety tip:** Be very careful when pureeing hot food as the steam can cause the food to spray everywhere! Before blending let the food cool down so that steam is no longer rising from it. Do not fill the jug or bowl more than halfway. Start the blender or hand-held blender on the lowest setting possible. If you are using a blender remove the small insert in the top of the lid and place a clean folded tea towel over the remaining hole in the lid to stop the puree from spraying out. If you are using a hand-held blender with a jug you can place folded tea towel over the opening at the top of the jug to stop the puree from spraying out.

15. Serve 1/2 cup in a bowl with a dollop of **unsweetened low-fat Greek yoghurt**.

**Tip for you:** This recipe is great to add to your regular menu anytime from day 30 onwards. Simply skip blending at step 14.

**Tip for the family:** Serve the lentil dahl topped with fried brown onion, chopped fresh tomato and extra fresh coriander leaves.



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