



Turnip Dhal

Season: Autumn and winter

Serves: 4 for dinner and 8 for a taste

Recipe source: veggiejam.com

Fresh from the garden:

Turnips, lemons, tomatoes, garlic, curry leaves

Equipment:	Ingredients:
Knife	2 cloves garlic
Chopping board	1 tsp curry leaves (optional)
Peeler	2 tomatoes
Tablespoon measure	2 turnips
Colander	1/2 tsp ground cumin
Teaspoon measure	1/2 tsp garam masala
Scales	1/2 tsp ground coriander
Cup measure	1/8 tsp cayenne pepper
	1/8 tsp turmeric
	1/2 tsp salt
	3/4 cup red lentils, rinsed and drained
	1 3/4 cups water
	3/4 cup full-fat coconut milk (175 ml)

What to do:

1. Finely chop the garlic.
2. Peel and dice the turnips.
3. Wash tomatoes.
4. Dice tomatoes.
5. Add 3-4 tbsp water to a pot.
6. Add garlic and curry leaves (if you have them) and cook for 2 minutes.
7. Add the tomatoes and cook for 1 minute.
8. Add the turnips, stir and cover.
9. Cook for 2-3 minutes.
10. Add the lentils, spices, water and coconut milk to the pot.
11. Bring to the boil.
12. Simmer, slightly covered for 17-20 minutes.