

City of Maple Ridge's **LET'S COOK!** FOOD PHOTO CONTEST



GM RESTAURANT **LENTIL DAAL RECIPE**

DESCRIPTION

An important part of not only Indian, but Pakistani, Nepalian, Sri Lankan, and other Asian countries, it is almost impossible to find a meal without daal. Often accompanied by rice, it has the texture of a thick stew, and despite being vegetarian, is a great source of protein. It uses a strong blend of what many dub 'super spices' for their incredible health benefits. The cholesterol lower, high fiber, mineral packed lentils use these super spices in a way that makes this dish one of the healthiest you can get!

Spice Level: Mild (All our spice mixes come mild. If you would like to make it spicier, we recommend adding fresh chillies when preparing. The truly authentic is to use green and red chillies, but we've had some fantastic feedback with habaneros, jalapeños and tons more. Try changing things up, and remember how you add is up to you, but we recommend slowly adding more as you get more comfortable with spicier foods).

INGREDIENTS

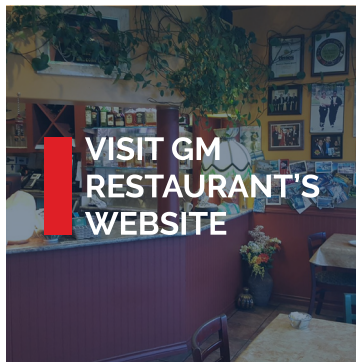
- 4 cups water
- 1 cup red lentils
- 20g seasoning – (suggested GM Restaurant Lentil Daal Seasoning)
- 100 mL vegetable oil
- 1 tsp fresh ginger, diced
- ½ yellow onion, diced
- 4 cloves fresh minced garlic
- 1 large tomato diced
- Herbs and spices, salt

INSTRUCTIONS

- Boil water, lentils and seasoning for roughly 20 minutes
- In a separate pan, add oil and warm for 1-2 minutes on med/high
- Add ginger, onion, garlic and tomatoes. Cook for 3-4 minutes or until slightly brown
- Once lentils are cooked, stir in ginger, onion, garlic and tomatoes. Set heat to med/low for 5-10 minutes or until texture becomes slightly thick
- Enjoy! Prep – 35 min



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