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**Botanic Cottage Community Cook Club 9th July 2020**

**Coconut, courgette and spinach dahl**



Ingredients

* 1 tbsp oil
* 2 onions, diced
* 3 cloves garlic, peeled and finely chopped
* 1 inch piece of ginger, grated or finely chopped
* 1 tsp ground coriander
* 1 tsp ground cumin
* ½ tsp chilli flakes (optional)
* 1 tsp ground turmeric
* 1 large or 2 small courgettes
* 200g red lentils, rinsed
* 1 tin coconut milk
* 600ml veg stock or water.
* 1 tin chickpeas (or 300g home-cooked)
* Large handful spinach, chopped if leaves are large.
* Bunch of fresh coriander, roughly chopped.
* Half a lemon.

You will need a saucepan, a chopping board and knife, a wooden spoon.

Serves 4.

Method

1. 1. Start by heating your oil in a large saucepan. Add the onions and cook for around 5 minutes until starting to soften.
2. Add the garlic, ginger, cumin, coriander, turmeric and chilli flakes (if using). Cook stirring frequently for a few minutes until the mixture smells spicy and aromatic.
3. Grate the courgette into the pan.
4. Add the lentils to the pan along with the coconut milk and the stock or water.
5. Simmer everything together for around half an hour, stirring regularly to prevent lentils sticking to the bottom of the pot. Lentils cook differently depending on their age and size- but should be very soft and starting to collapse.
6. Add the chickpeas and cook for a further five minutes. Check the seasoning adding salt if required.
7. Add the spinach and half of the coriander to the pan and cook very briefly until the leaves wilt.
8. Finish with a squeeze of lemon and the rest of the chopped coriander.

**Love your leftovers**- this recipe will freeze well for another night. Alternatively add more stock and blitz to make a warming spicy lentil soup.