

David's Mixed Dahl



Prep: 45 minutes



Cook: 90 minutes



Serves: 6-8



Ingredients

Spice mix

- 1 (small) jar Massaman curry paste
- 4 heaped tsp chopped garlic
- 4 heaped tsp chopped/crushed ginger
- 1 Tbsp/handful dried salted anchovies

Dahl

- 2 ½ Tbsp vegetable oil
- 2 brown onions finely chopped
- 1 large leek finely chopped
- 1 large carrot (around 180g) finely chopped
- 1 medium capsicum (yellow or red) finely chopped
- Approx 12 medium green stringless beans sliced, around 3mm
- ½ cup whole red (or brown) lentils
- ½ cup quinoa
- ½ cup yellow split peas
- ½ green split peas
- ½ cup buckwheat
- 2 Tbsp amaranth*
- 3 to 4 cups vegetable or chicken stock

**if you can't find amaranth at the supermarket or health food store you can leave it out*

Cooking steps

1. Crush dried anchovies, cover with remaining spice mix ingredients and chop thoroughly to break up anchovies and blend the ingredients then set aside
2. In a large casserole pan combine chopped onions with oil and fry on high heat until the onions clear
3. Add the chopped leek and stir fry until soft
4. Combine and add carrot and capsicum and stir in, cooking briefly
5. Add green beans and stir in, cooking briefly
6. Add spice mix and stir constantly for 1 to 2 minutes
7. Add red lentils and stir for around 1 minute
8. Add half to one cup of water/stock, stirring to loosen the mixture (use water and a Massel stock cube cut into the mix before the final simmering)
9. Stir in and combine quinoa, split peas, buckwheat and amaranth for a few minutes, adding a little liquid if needed for loosening. Continue adding stock gradually, stirring until the grains are covered and the mixture is simmering
10. Keep adding liquid as the dahl absorbs it, and keep stirring (like making a risotto) for 15 to 20 mins until the grains have softened but still have a little bite