

# Recipe kits

## DHAL WITH CHAPATIS & CHICKPEA AND POTATO CURRY WITH RICE



### *Dhal with chapatis*

*Dhals are super easy and simple to make, with few but key ingredients which bring great flavour. There is no one way to make a dhal. The following recipe comes from our Community Delivery Worker, Zahra, based on how her and her family make the dhal. This makes enough for 3-4 people. Adjust the recipe accordingly if you need to make bigger portions. Delicious served with yoghurt too.*

#### **Equipment**

- Chopping board
- Mug
- Teaspoon (tsp) and tablespoon (tbsp)
- Wooden spoon
- Small/medium pot
- 2 bowls
- Rolling pin
- Cast iron/heavy bottom pan (or standard frying pan otherwise will do)

#### **Dhal ingredients**

- 2 mugs of red lentils
- 4 tbsp oil
- 6 cloves of garlic, minced
- Half an onion, sliced
- 4 tsp cumin
- 2 tsp turmeric
- 1 tsp chili (add more or less to taste)
- 1 tsp salt (to taste)
- Handful of fresh coriander
- 3-4 mugs water

#### **Chapati ingredients**

- 1 mug of chapati flour
- 1/3 mug cold water



## Method

1. Start by making your chapati dough. Put 1 mug of chapati flour in a bowl. Slowly start pouring in your water and mixing it into the dough. You want to have a soft dough that stops clinging from the sides of the bowl. If it's still very sticky, sprinkle some more flour on it. If it's too dry, add a little bit more water and mix. Knead your dough for approx. 5 minutes, then leave to rest whilst you prepare the dhal.



2. Next, prepare your ingredients for the dhal. Measure out your lentils, add them to a bowl and cover them with cold water. Slice your onions and finely chop the garlic cloves.

3. To a hot pot, add 4 tbsp of oil on medium heat. Once hot (which you can check by putting in a slice of onion and see if it sizzles), add the onions and let fry for approximately 5-8 minutes, until they start going golden brown. Add the garlic and fry for a few more minutes.



4. Drain your lentils and add them to the pot. Then add your spices and salt to taste. Stir well to combine. Fry for a couple of minutes. Add a mug of water to the pot, bring to a boil, and then reduce to a low heat. Let this cook until the lentils soak up the water and are cooked through. Keep an eye on this, stirring occasionally and adding more water if it gets too dry.



5. In the meantime, make your chapatis. Sprinkle a clean surface with flour. Pull off a palm-size piece of dough and roll into a ball in between your palms. Place it on the surface and flatten it then, using a rolling pin, roll into thin rounds. You want them not too thin that they're see-through or disintegrate, but thin enough that they cook quite quickly.

6. Add your pan to medium-high heat and let it warm up. Shake off any excess flour from the chapati. Once the pan is hot, add the chapati to the pan for a few minutes to let brown on one side, then flip it and let cook for a further few minutes. Repeat until you have enough chapatis. Ensure you keep the chapatis warm so they don't go hard – we suggest wrapping them in a clean tea towel.



7. Test the dhal for seasoning and to ensure the lentils are cooked through. If they're not cooked through yet, add a little bit more water if needs be and let cook for a little longer.

8. Once ready, add a handful of chopped coriander and stir it through, then serve with a chapati.



### Chickpea and potato curry

*This is a very simple recipe using potatoes and chickpeas. Traditionally you use seasonal vegetable, so feel free to substitute for your favourite veg that is in season. Here we're using chickpeas as a great source of protein and potatoes which are readily available all year round. You can serve this with chapatis, or with rice which we will show here. This recipe serve 3-4 people.*

#### Equipment

- Chopping board
- Mug
- Teaspoon (tsp) and tablespoon (tbsp)
- Wooden spoon
- Medium pot
- Small pot

#### Rice ingredients

- 1 mug of basmati rice
- 2 mugs water
- Salt to taste
- Stock cube (optional)

*Basmati rice expands more in cooking, so 1 standard mug serves 3-4 people depending on portion sizes. If using long grain rice add an extra half mug of rice and 1 mug of water, keeping the ratio of rice to water 1:2.*

#### Curry ingredients

- 2 tbsp oil
- 1 onion, sliced
- ½ tin tomatoes or 2 fresh tomatoes
- 2 tsp turmeric
- 2 tsp garam masala
- 1 tsp salt (to taste)
- 1 potato, peeled and cubed
- 1-2 mugs water
- 1 tin of chickpeas, drained and rinsed
- Handful of fresh coriander



## Method

1. Start by preparing your ingredients as per the ingredients list.
2. In your medium pot on medium-high heat, add 2 tbsp of oil. Once hot, add the onion and let cook for 5-8 minutes, until it's starting to turn golden brown. Add your tomatoes and cook for a further 5 minutes, stirring occasionally.
3. Add your spices and stir well to combine. Then add your cubed potato and your mug of water. Let simmer for 10-15 minutes, stirring occasionally and checking for water, until the potatoes are cooked through. If it gets too dry, add a little bit more water and stir to combine.
4. In the meantime make your rice. In a small pot, add the water and bring to a boil. If using a stock, add it to the water now. Once boiling, add your rice and a pinch of salt, and stir well. Cover it with a lid (or carefully with a plate), and let it cook on a low heat for 10-15 minutes, until all of the water has evaporated and the rice is cooked through. Make sure you've turned the heat down! No need to stir the rice whilst it cooks.
5. Check the curry for seasoning and adjust if needed. Serve with a sprinkle of coriander on top and a side of rice or chapatis.



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