

# Daal (lentil) and Rice

recipe for 4-5 people

## Daal

3 handfuls of lentils  
1tsp salt  
1tsp turmeric  
2 chopped chillies  
1 chopped onion  
A splash of cooking oil  
3 or 4 cloves of  
chopped garlic

## Rice

500ml water  
250g rice

1. Add the lentils to a saucepan and wash. It's best to rinse through a few times till the water is mostly clear.
2. Add enough water to cover lentils and about 1 cm extra. Then add the salt, turmeric, chopped chillies, one chopped onion and a splash of cooking oil.
3. Boil for 25 minutes covered at high heat, stirring every 5 minutes. Lentils should look soft and mushy when cooked.
4. For the rice, in a saucepan bring the water to a boil. Add rice, cover and reduce to simmer for 18 minutes or until rice is tender and water is absorbed.
5. After the lentils are boiled fry the chopped garlic or half a chopped onion until brown and add to daal.
6. Stir the daal and break up the rice with a fork and let it sit for 5-10 minutes covered before serving.