

Dazzling Dahl with roasted cauliflower

Description

This lentil Dahl recipe is dazzling in a way that it feels like one of those dishes your body quietly thanks you for afterwards. Warm, grounding, filling in the right way, without that heavy â€œI need a nap nowâ€• feeling. Lentils are honestly one of the most underrated ingredients out there. Packed with plant protein, fiber, iron and all kinds of good stuff, they keep you full, steady and nourished for hours.

This bowl is creamy, spiced and comforting, with roasted cauliflower bringing a little sweetness and bite. Garlic, ginger, warming spices and coconut milk make everything melt together into something that tastes rich, cosy and deeply satisfying. The kind of meal that feels like a hug, but also gives you energy instead of taking it away.

I think we could all use a few more lentils in our lives. Cheap, simple, nourishing and somehow still not getting the spotlight they deserve. This dahl is proof they absolutely should.

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Nourishment

Fiber: high
Veggie level: high
Keeps you full: definitely
Energy: steady
Mood: cosy & warm

Details lentil dahl recipe

Servings
2 servings

Prep time
10 minutes

Cooking time
20 minutes

Protein
~22â€“26g per serving

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Ingredients dahl

- 1 cup red dahl
- 1 onion
- 2 cloves garlic
- Ginger 1 thumb
- Garam masala 1 tsp

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- Turmeric 1 tsp
- Cumin powder 1 tsp
- Cilantro powder 1 tsp
- Coconut milk 200ml
- Vegetable broth 1,2 cup
- Fresh cilantro
- Cauliflower
- Yogurt
- Lime (or lemon)
- Red chili (optional)
- Serve with rice, wrap, naan, chapati or all of these!

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Directions

- Roast the cauliflower
  Cut the cauliflower into florets, toss with olive oil, salt, pepper and your favorite warming spices (i like raz el hanout & turmeric). Roast until golden and slightly crispy on the edges.
- In a large pan, gently fry onion, garlic and ginger until soft and fragrant. Add spices like garam masala, cumin, turmeric or chili and let them toast for a minute.
- Add the lentils, chopped tomatoes, coconut milk, broth and add more water if necessary. Let everything simmer until the lentils are soft and creamy.
- Top the creamy dahl with the roasted cauliflower, fresh herbs (mint, cilantro), yogurt, chilis or a squeeze of lime if you like. Some yogurt on the side really finishes the job.
- For some carbs, add brown rice, chapati, naan, or my personal favorite: a toasted whole wheat wrap

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