Red Lentil, Spinach and Lemon Dal

3 thick dal portions · Active 15 min · Total 35 min

Skills: Easy

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 small onion, finely chopped (100 g)
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1 cup red lentils, rinsed (200 g)
- 3 cups water (720 ml), plus hot water as needed
- 1/2 teaspoon fine salt
- 3 packed cups baby spinach (90 g)
- 2 tablespoons lemon juice (30 ml)
- 2 tablespoons chopped cilantro

Set out

2 1/2-quart saucepan, Sieve, Wooden spoon

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion for 5 minutes, then add garlic, cumin and turmeric and stir for 30 seconds.

2. Add lentils, water and salt. Bring to a simmer, then cook partly covered for 18–22 minutes, stirring occasionally, until the lentils are fully soft. Add hot water if needed.

3. Stir the lentils to the texture you prefer, then fold in spinach and cook for 1–2 minutes until wilted.

4. Remove from the heat and add lemon juice and cilantro. Adjust the consistency with a small splash of water and serve.

Carry the companion separately

Keep bread dry in a separate wrapper. Optional cooked rice has a shorter limit than the dal: cool it quickly, ideally within 1 hour, keep at 40°F/4°C or below and eat within 24 hours of its original cooking. Reheat rice only once to 165°F/74°C, eat immediately and discard uneaten reheated rice. The dal storage period does not extend the rice limit.

A useful detail

The dal should flow slowly from a spoon. It thickens on standing, so do not cook it into a stiff paste before packing.

Keep it well

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C, stirring and adding a little water. Keep a hot flask portion at 140°F/60°C or above.