

# Tarka Dahl With Rice

## Ingredients

Click the image below for a [video guide](#).



- 400g red lentils
- 1 onion, finely chopped
  - 2 tsp turmeric
  - 1 tsp oil
  - 2 tsp cumin
- 2 garlic cloves, finely chopped
- 1 green chilli, finely chopped (add more or less depending on preference)
  - Rice to serve

## Method

- 1.** Rinse your lentils with cold water before popping them into a large pan alongside water. Ensure the lentils are covered and there's enough water approx 2 cm above.
- 2.** Bring to the boil, add the turmeric and stir before reducing heat and simmering for approx 20 minutes until the lentils soften and the lentils have absorbed the majority of the water.
- 3.** Add your oil to a pan and fry your onion and cumin for a couple of minutes. Add the garlic and chilli for a further 2 minutes.
- 4.** Add the onion, garlic and chilli mixture into the lentils and give it a good stir. Season with salt if required.
- 5.** Serve with rice or wraps.

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## The Finer Details

### Per Portion

**460** calories  
**65g** carbs  
**26g** protein  
**8g** fat

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