**COCONUT DAHL WITH FRESH TOMATO SAMBOL**

**FOR THE DAL**

**Prep:** 10 minutes **Cooking:** 30 minutes  **Serves:** 2

**INGREDIENTS**

2 tbsp *Oil*  
1 *Red onion*  
2 Cloves of *garlic*   
1 *Green chilli* (optional)  
½ tsp *Cinnamon*½ tsp *Turmeric*   
150g *Red lentils*   
1 tin of *Coconut milk* (400ml)   
1 *Lime*   
small handful *Fresh coriander* (optional)   
*Salt*

**EQUIPMENT**

* Medium sized saucepan
* Weighing scales
* Chopping board

**METHOD**

1. Chop and dice the red onion, garlic and chilli
2. Heat the oil in the sauce pan over a medium heat. Add the most of the onion (keep some for the sambol) and add the cinnamon, chilli and garlic. Cook for 5 minutes.
3. Add the lentil and turmeric, stir and add the coconut milk and 400ml of water (use the tin as a measure).
4. Stir, bring to a boil and turn the heat down low to simmer for 20-25 minutes.
5. Check and add more water if it is too thick, season with salt and squeeze the lime in
6. Chop coriander and place on top to finish (optional)

**FOR THE TOMATO SAMBOL**

**Prep:** 10 minutes

**INGREDIENTS**

40g *Desiccated coconut*   
1 *Red chili* (optional)   
100g *Fresh tomatoes*  
1 *Lime*3 tbsp *Hot water*   
*Salt*

**EQUIPMENT**

* Mixing bowl
* Chopping board
* Kettle

**METHOD**

1. Place the coconut in the bowl and add the hot water, mix together
2. Chop the tomatoes and chilli. Squeeze the lime to get the juice
3. Add the rest of the ingredients (including the left-over onion from the dal) to the mixing bowl and stir
4. Taste and season