

# Carrot Courgette Masala Dal

This is a very quick dal which is healthy and comforting. It can be eaten with pulao rice or just as it is as a soup. The lentils I'm using are the quickest cooking ones available and only take 12 minutes.

## Ingredients

2 tbsp sunflower/rapeseed oil  
1 onion, roughly chopped  
1 tsp cumin seeds  
handful fresh curry leaves (if available)  
3 garlic cloves, chopped  
2 carrots, roughly chopped  
2 tomatoes, roughly chopped  
1 courgette, roughly chopped  
1 tsp turmeric powder  
1 tsp cumin powder  
1 tsp ancho powder (or lemon juice)  
1 tsp salt  
250g masoo dhal (red lentils)

## Method

- Add the cumin seeds and onion to the hot oil and cook for 8 minutes until golden.
- Add the garlic and continue to cook for a minute or so.
- Add the carrot and tomatoes, mix and stir fry for a couple of minutes.
- Mix in the courgette.
- Add the spices and mix through.
- Add the lentils and 1l boiling water and stir in.
- Cover and cook for 12-15 minutes until the lentils are cooked – they should be broken up.

Serve with some pulao rice and some fresh coriander leaves. Or just eat as a soup.