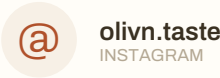


DINNER · VEGAN · CURRY · INDIAN · GLUTEN-FREE

# Coconut Lentil Dal with Cauliflower



olivn.taste  
INSTAGRAM

Velvety coconut dal with spiced roasted cauliflower, bright lime and cooling yogurt over basmati rice.

|        |        |        |        |
|--------|--------|--------|--------|
| PREP   | COOK   | SERVES | LEVEL  |
| 20 min | 40 min | 4      | Medium |

## Ingredients

20 ITEMS

### FOR THE CAULIFLOWER

|                                                                                                 |            |                                                                                                  |               |
|-------------------------------------------------------------------------------------------------|------------|--------------------------------------------------------------------------------------------------|---------------|
|  Cauliflower   | 1 large    |  Vegetable oil  | 2 tablespoons |
|  Garam masala | 1 teaspoon |  Fine sea salt | 0.5 teaspoon  |

### FOR THE DAL

|                                                                                                           |               |                                                                                                         |            |
|-----------------------------------------------------------------------------------------------------------|---------------|---------------------------------------------------------------------------------------------------------|------------|
|  Vegetable oil         | 1 tablespoon  |  Onion               | 1 medium   |
|  Garlic                | 3 clove       |  Fresh ginger        | 20 g       |
|  Mild curry powder     | 2 teaspoons   |  Ground turmeric     | 1 teaspoon |
|  Chilli flakes         | 0.25 teaspoon |  Red Lentils         | 250 g      |
|  Full-fat coconut milk | 400 ml        |  Vegetable stock     | 500 ml     |
|  Tomatoes              | 2 medium      |  Fine sea salt       | 1 teaspoon |
|  Lime                  | 1             |  Fresh coriander     | 15 g       |
|  Coconut yogurt        | 4 tablespoons |  Cooked basmati rice | -          |

## Method

6 STEPS

- 1
- Heat the oven to 220°C conventional or 200°C fan. Toss the cauliflower with the vegetable oil, garam masala and fine sea salt, then roast on a large tray for 28 to 32 minutes, turning once, until browned at the edges.

- 2 Meanwhile, warm the vegetable oil in a saucepan. Cook the onion for about 7 minutes, until soft. Add the garlic and fresh ginger and cook for 1 minute more.
- 3 Stir in the mild curry powder, ground turmeric and chilli flakes for 30 seconds. Add the red lentils, full-fat coconut milk, vegetable stock, tomatoes and fine sea salt.
- 4 Bring to a simmer and cook uncovered for 22 to 25 minutes, stirring often, until the lentils are soft and the dal is creamy. Add a splash of water if it thickens too quickly.
- 5 Stir in the zest and juice of half the lime. Taste and adjust the salt, then cut the remaining lime into wedges.
- 6 Spoon the dal over the cooked basmati rice and top with the roasted cauliflower, coconut yogurt, fresh coriander and lime wedges.