

## RED LENTIL DAL



Category: Soups and Stocks

Created: on 2022-02-04  
Qualified by: Supercook CL  
Suggested by: Kitchen  
Center Chile  
Total preparation time:  
23:20 Minutes

Suitable for machine:

- Supercook SC350
- Supercook SC400

## INGREDIENTS

<b>170 gram</b>	diced carrot
<b>15 gram</b>	cumin seeds
<b>15 gram</b>	Mustard seeds
<b>3 clove</b>	garlic
<b>10 gram</b>	fresh ginger
<b>180 gram</b>	onion cut in quarter
<b>30 milliliter</b>	olive oil
<b>10 gram</b>	Garam Masala
<b>15 gram</b>	ground turmeric
<b>1/2 teaspoon</b>	shredded dry chili
<b>350 milliliter</b>	water
<b>400 milliliter</b>	coconut milk
<b>250 gram</b>	split red lentils
<b>350 gram</b>	ripe tomatoes
<b>80 milliliter</b>	lemon juice
<b>20 gram</b>	coriander leaves
<b>1 pinch</b>	pepper
	salt to taste

## STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).