



Presents

## Salma's Kitchen

### Daal and Plain Rice (6 servings)

Here's a list of ingredients that you can use to make this tasty dish:

- 225g/8oz lentil
- 1 medium chopped onion
- 1tsp green chilli or chilli powder
- 1tsp garlic, crushed
- 3/4tsp turmeric powder
- 1½ tsp ginger, crushed
- 1tbsp rapeseed oil
- 225g/8oz chopped tomatoes
- 1 tsp cumin seeds

#### Method for Preparing / Cooking Daal

- 1) Clean and soak the lentil (your choice) in hot water separately for 4-6 hours.
- 2) Put the lentil and kidney beans in a cooker with 450ml water add the chilli powder or green chillies and turmeric powder. Bring to the boil on a medium heat until the whistles. Lower heat and cook for 15 more minutes.
- 3) In a heated pan, add the oil, cumin seeds, and the chopped onion. Fry this until it becomes golden brown, then stir in the garlic and ginger and cook for 1 minute
- 4) Add the tomatoes and the rest of the spices, and cook for 5 minutes. Allow the mixture to cool.
- 5) When cool, liquidise the mixture and add it to the cooked dal in the cooker. Cook for another 5 minutes on a medium heat whilst stirring.
- 6) Stir in the coriander before serving with the rice.

#### Method for Preparing / Cooking Rice

- 1) Clean and wash the rice and leave to soak in cold water for 20 minutes.
- 2) Boil the water in a pan, add the rice and cook for about 7-10 minutes.
- 3) Drain the rice and keep it covered.

## Carbohydrate Counting your meal:

Here's how to carbohydrate count the chapatis for your meal:

150 grams Curry + 100g rice = 44 grams carbohydrate

300 grams Curry + 200g rice = 88 grams carbohydrate

450 grams Curry + 300g rice + 131 grams carbohydrate

Happy cooking and enjoy your meal

