

YELLOW SPLIT PEA DAHL

Ingredients:

2 white onions, peeled and diced

3 carrots, peeled and diced

3 sticks celery, diced

50g fresh ginger, peeled and crushed

3 cloves garlic, peeled and crushed

2 tsp medium curry powder

1 tsp ground cumin

1 tsp ground coriander

1 tsp chilli flakes

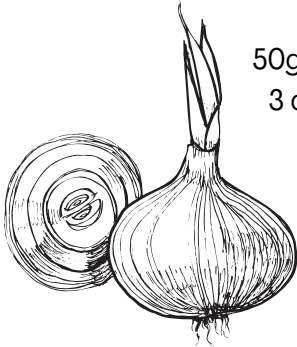
2 400g tins coconut milk

500g split yellow peas

750ml vegetable stock

Half a bunch of chopped coriander

1 tbsp rapeseed oil



Method:

1. Heat the rapeseed oil in a large pot and add in the onions, carrots, celery, and ginger and cook for 5-6 minutes until softened. Next, add in the garlic and spices, and cook for another 3 minutes.
2. Pour in the coconut milk, yellow peas, and vegetable stock and bring to a gentle simmer. Place the lid on the pot, wrap in a towel, and transfer to the cooking back for 4 hours.
3. Stir in the chopped coriander and season with salt to taste.

CONTACT US



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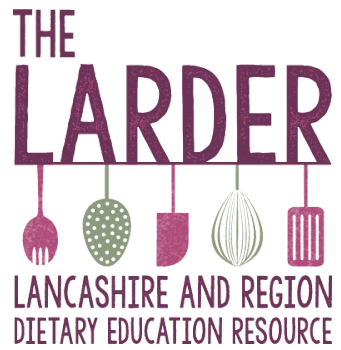
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The Larder is a social enterprise who believe in food fairness for all.

Our aim is to make fresh local produce affordable to people on low incomes, without farmers, animals and the environment bearing the cost.

We do this through our cafe and community hub, food academy, and many more food related initiatives.

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