

## Daal and Plain Rice (6 servings)

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

- 225g/8oz lentil
- 1tsp green chilli or chilli powder
- 3/4tsp turmeric powder
- 1tbsp rapeseed oil
- Green chillies
- 1 tsp cumin seeds
- 1 medium chopped onion
- 1tsp garlic, crushed
- 1 1/2 tsp ginger, crushed
- 225g/8oz chopped tomatoes



### 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.

## Daal and Plain Rice (6 servings)

### 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 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



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