

Lentil Puree

8 oz Red Split Lentils
2 Tbspn Oil
1 chopped onion
2 cloves garlic
1 Tspn Ginger, chopped
1 tspn Turmeric
24 fl oz water
salt to taste
Garam Masala, optional

Fry the onion, garlic & ginger in the oil until golden. Add turmeric & stir for a few seconds then add lentils.

Stir for a minute. Add water and boil, then reduce heat, cover & simmer for about 20 mins until it's the consistency of porridge. Add salt and Garam Masala spices.

Serve with rice