

# Red Lentil Dal

*with Sunchokes & Basmati Rice*

Dal is a broad term used for all kinds of dried, split lentils commonly used in Indian cuisine. In this recipe, we're using red lentils (one of the most flavorful, nutty varieties out there) to create a delicious meal with traditional spices, aromatics and ghee (a type of clarified butter). And to put a spin on this classic, we're using sunchokes, the edible tubers of a North American sunflower plant. It's a dish that spans continents, spicing up the best of the season to create a truly warming meal.



## Ingredients

- ¾ Cup Red Lentils
- ¾ Cup Basmati Rice
- 3 Cloves Garlic
- 1 Bunch Collard Greens
- 1 Carrot
- 1 Yellow Onion
- 4 Ounces Sunchokes
- 1 Bunch Cilantro

## Knick Knacks

- 2 Tablespoons Ghee
- 2 Teaspoons Dal Spice Blend

(Curry Powder, Black Cumin Seeds, Ground Mustard Seeds, Ground Coriander & Ground Turmeric)

**Makes 2 Servings**

**About 550 Calories Per Serving**

**Cooking Time: 25 to 35 minutes**





1



## Prepare the ingredients:

Wash and dry the fresh produce. Peel and medium dice the carrot. Peel the garlic and onion. Mince the garlic; small dice the onion. Separate the chard leaves from the stems; discard the stems and roughly chop the leaves. Pick the cilantro leaves off the stems; discard the stems. Peel and slice the sunchokes into 1/4-inch-thick rounds.

2



## Cook the rice:

In a small pot, combine the **rice**, **2 cups of water** and a **pinch of salt**. Heat to boiling on high. Once boiling, reduce the heat to low; simmer 16 to 18 minutes, or until the rice is tender. Fluff the finished rice with a fork. Set aside.

3



## Cook the vegetables:

While the rice cooks, in a large pot, melt the **ghee** on medium heat. Once melted, add the **carrot**, **onion** and **garlic**; cook, stirring occasionally, 2 to 3 minutes, or until softened. Add the **spice blend**; cook, stirring frequently, 2 to 3 minutes, or until fragrant.

4



## Add the lentils:

Add the **lentils**, **sunchokes** and **1 1/4 cups of water** to the pot of vegetables; cook, stirring occasionally, 13 to 15 minutes, or until the lentils have softened and the mixture has thickened slightly.

5



## Add the greens:

Add the **collard greens** and **1/4 cup of water** to the pot of vegetables and lentils; cook, stirring frequently, 2 to 3 minutes, or until the collard greens are tender. Remove from heat and season with salt and pepper to taste. Set aside.

6



## Plate your dish:

Divide the **rice** and **finished dal** between 2 dishes. Garnish with the **cilantro**. Enjoy!