**HELEN BEST-SHAW’S RED LENTIL TARKA DAAL**

An easy recipe for an indulgent split red lentils dal, topped with crispy onions and cheese.

**INGREDIENTS**

1 tbsp butter

1 tbsp olive oil

2 onions - sliced

1 tsp mustard seeds

1 tsp cumin seeds

1 tsp turmeric powder

½ tsp flaked chilli

210g/1 cup split red lentils

1 fat clove garlic - minced

½ cm ginger root - peeled and grated

3 cups vegetable stock

50g cheddar or other strong cheese - finely grated

red chilli & fresh herbs to serve

**METHOD**

1. Place the butter and olive oil in to a large frying pan, and heat on a medium heat, once the butter is melted add the onions and a generous pinch of salt then fry, stirring frequently for about 20 minutes until the onions are sticky, reduced and golden.
2. A little oil to the saucepan, and heat, add the spices and cook for a few minutes until fragrant. Add the lentils and cook for another minute.
3. Add the lentils, ginger, garlic and 2 cups of the stock, adjusting the heat so the mixture is gently simmering. Put a lid on the saucepan and cook for 20 - 25 minutes stirring occasionally, and adding more stock if needed until the lentils are mushy and you have your desired consistency.
4. Stir in half the cheese.
5. Serve topped with the onions, remains of the cheese and sprinkled with slices of red chilli and fresh herbs.

*Helen Best-Shaw (*[*http://fussfreeflavours.com*](http://fussfreeflavours.com)*)*

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