

# Daal



## Ingredients

- 4 cups of dried lentils
- 1/2 tsp turmeric
- 1 large carrot, grated
- 1 small onion, finely diced
- 1 tsp crushed garlic
- 1 tbsp vegetable oil

## Directions

1. Put lentils, water and turmeric into a large saucepan and simmer until lentils are tender.
2. Add grated carrots and continue to cook for 5 minutes.
3. Heat vegetable oil in a large saucepan and add onion and garlic. Gently cook until brown and add to lentils.
4. Serve in small bowls with rice and cucumber slices.

**Serves 20 children**

**Recipe courtesy of Awesome Kiwis' Manurewa Centre and staff**