

RECIPES (Vegan and Vegetarian)

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Red Lentil Dahl

Cooked in one pot or large frying pan.

1. Saute onion, 3 garlic cloves & ginger root [finely chopped] in olive oil
2. Add 1 tsp paprika, cumin, coriander
3. 1 cup red lentils, rinsed and drained
4. Can of tomatoes 796ml
5. Large, sweet potato cubed
6. 2 large carrots chopped
7. Kale fine chopped or frozen spinach
8. 6 cups veggie stock
9. Can chickpeas

Bring to boil and then simmer for 15 – 20 mins

Add salt, pepper and lemon juice to taste.

Garnish with crunchy seeds