

Dhal with red lentils

Cuisine: Indian

Food category: Vegetarian dishes



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Program steps

Preheating: 100 °C

| | | | | | | | |
|---|----------|---------------------|-------------|-----|----|---|--|
| 1 | Steaming | Termination by time | 00:30 hh:mm | 100 | 50 | % | |
|---|----------|---------------------|-------------|-----|----|---|--|

Ingredients - number of portions - 8

| Name | Value | Unit |
|--|-------|------|
| red lentils | 400 | g |
| water | 1.5 | l |
| ginger root, peeled and finely chopped | 30 | g |
| cinnamon stick | 2 | pcs |
| clarified butter | 50 | g |
| onion | 2 | pcs |
| garlic cloves, finely chopped | 4 | pcs |
| turmeric | 10 | g |
| caraway seeds | 10 | g |
| garam masala | 3 | g |
| chili powder | 3 | g |
| salt | 1 | g |
| Coriander leaves, finely chopped | 10 | g |
| lime juice | 1 | pcs |

Directions

1. Soak red lentils for eight hours and rinse well.
2. Set the combi steamer in steam mode to 100°C.
3. Put onions, garlic, chilli and cumin in a pan and fry on ghee. Once the onion is soft, put it in a GN container and mix with the lentils, rice, ginger, bay leaves, cinnamon, turmeric, garam masala. Add salt and water. Make sure the ingredients are completely covered with the water.
4. Place the GN container in the combi steamer and cook for about 30 minutes until the lentils are soft.
5. Stir in the lime juice, season and decorate with coriander leaves before serving. A perfect side dish would be naan bread.

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Pektin, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 254.1 kJ |
| Carbohydrate | 35.3 g |
| Fat | 7 g |
| Protein | 12 g |
| Water | 0 g |

Recommended accessories



Enameled GN
container