



Recipe

Spicy Lentil Dip with Toasted Pitta

Ingredients

- 180g red lentils.
- 1 small onion.
- 2 tbsp. of curry powder.
- 1 tbsp. of cayenne pepper, pinch.
- 1 tbsp. of vegetable / rapeseed / olive oil.
- 2 cloves of garlic.
- 1 tbsp. of cumin seeds.

Step 1

In a medium saucepan, combine the lentils, onion and 600ml water. Cover and bring to a boil. Reduce heat to low and simmer for 25 minutes or until lentils are soft.

Step 2

Toast curry powder and cumin seeds in a small pan over a medium heat until fragrant. Add cayenne, oil and garlic. Sauté for 1minute.

Step 3

Stir spice mixture into lentils and serve.