



Chickpea Chana Dal or Soup

In the bag:

- Chana dal or yellow split peas
- Ginger
- Stock cube/s
- Onion
- Garlic
- Tomatoes
- Chilli
- Spice bag 1 & 2

You'll also need:

- Chopping board
- Sharp knife
- Medium sized pot with lid
- Wooden spoon
- Frying pan

- 2 tbsps. vegetable oil
- 500ml water for dal or 750ml for soup

Method:

The dal is cooked with the flavouring ingredients (tomato, garlic, ginger and spices) then finished off with a toasty tempering of onion and cumin seeds

- Wash and soak the **peas** well in a sieve before soaking in water for at least an hour (up to overnight)
- Sieve the **peas** and place in a heavy based pot with 500ml water if making dal or 750ml if making soup. Cut the **ginger** into fairly thick slices and push into the **peas**. Bring to a boil before turning the heat to very low. Place the lid on the pot but leave very slightly ajar to prevent it boiling over
- Meanwhile, finely chop or blend the **tomato, garlic** and **chilli** (if using) and add to the cooking peas along with **spice bag 1**. Add the ginger (peeled and sliced) and sprinkle in the **stock cubes**. Add the can of **chickpeas** (drained) and bring the mixture back up to a bubble before continuing to simmer for another 20 minutes
- Heat the **oil** in a frying pan over a high heat and fry the finely sliced **onion** until browned before adding **spice bag 2** and tempering for 30 seconds to one minute
- Add the temper to the dal before serving – remove the **ginger** if you prefer

More about your Chickpea Chana Dal Soup

This dal can be served thin or thick as a side dish or a main meal. It is delicious served with other curries or on its own with rice or flatbreads such as chapattis or pitta

You can add more vegetables if you like to make this soup even more nutritious and delicious (we've tried sliced carrots, cauliflower florets and cubed butternut squash)

Add a handful of fresh coriander or parsley at the end and/or a squeeze of lemon juice

This recipe makes enough for up to four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **piping hot** all the way through

#TakeAndMake
#AtLeastFiveADay
#LoveFoodHateWaste

Want to make it again? You'll need to buy:

- 200g of chana dal or yellow split peas
- Vegetable stock cube/s (2 Oxo or 1 Knorr)
- 1 thumb sized piece of ginger
- 1 medium onion
- 2 cloves garlic
- 3 tomatoes
- 1 chilli pepper
- 1 tsp, each turmeric, coriander and paprika (1)
- 1 tsp. each cumin seeds and garam masala and a pinch of asafoetida (2)

#SpiceNotSalt
#CookOnceEatTwice
#CommunityCooking