Main dishes / India

lentils and tomato stew · India

A substantial India-inspired stew built around tomato and cooked pulses.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 600 g drained cooked lentils
- ☐ 600 g tomato
- ☐ 400 ml low-salt vegetable stock
- ☐ 3 g ground cumin
- ☐ 3 g ground coriander seeds
- ☐ 2 g ground turmeric
- ☐ salt and pepper to taste

Let's make it.

01 Clean the tomato and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the tomato and cook for a few minutes.

03 Add the stock, cover and simmer for 15 minutes.

04 Rinse the cooked pulses and stir them into the stew. Heat for five minutes until piping hot.

05 Stir in the ground cumin, ground coriander seeds, ground turmeric and taste before serving.

AI-developed, not kitchen-tested.

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