

Dahl with Carrots and Pumpkin

45–50 Min

Ingredients 4 Portions

= Kotányi Produkte

200 g	Red lentils, rinsed
300 g	Pumpkin (Hokkaido or butternut squash)
2	Large carrots
200 ml	Coconut milk (from a can)
600 ml	Vegetable stock or water
1	Onion
2 tbsp	Olive oil
1 tsp	Turmeric, Ground
1 tsp	Ginger, Ground
0.5 tsp	Chili Powder
0.5 tsp	Pepper Black, Whole
	Salt, to taste
1 tsp	Lime juice

Preparation

1. Peel the carrots and pumpkin and cut them into cubes. Peel and finely chop the onion and garlic. Heat the oil in a deep frying pan or saucepan over medium heat. Add the onion and sauté for about 5 minutes until softened. Add the garlic and sauté for another minute until fragrant.
2. Add the turmeric, ginger and chili to the pan. Stir over low heat for about 30 seconds to release the aromas of the spices, taking care not to burn them.
3. Add the pumpkin, carrots and rinsed red lentils. Mix well so that everything is coated with the spices, then pour in the coconut milk and vegetable stock. Season with salt and pepper. Once it comes to a boil, reduce the heat, cover and simmer for 20–25 minutes, stirring occasionally, until the lentils, carrots and pumpkin are completely soft.
4. If desired, use a potato masher or hand blender to briefly blend part of the dish for a creamier texture. You can leave some of the vegetables in pieces. Remove from the heat, stir in the lime juice and add more salt if needed. Serve warm with cooked basmati rice or naan bread.