

HOW TO MAKE



DAAL



TOOLS TO USE

To make this autumnal daal, you'll need some basic kitchen equipment:

- **For cooking:**
 - A large pot (for cooking the daal)
 - A medium pot (if cooking rice separately)
 - A large oven tray (for roasting squash)
- **For preparing:**
 - A chopping board
 - A sharp knife (for cutting squash and vegetables)
 - A spoon (for stirring)
- **Don't Have an Oven?** You can still make this recipe using just your stovetop. **How to Cook Squash Without an Oven:**
 - a. Pan-fry method:** Cut squash into small pieces. Heat a little oil in a pan. Cook the squash pieces over medium heat, stirring occasionally, until soft and slightly golden (about 10-15 minutes).
 - b. Add directly to daal:** Cut squash into small pieces and add them directly to the daal pot while it's cooking. They'll soften as the daal cooks.
 - c. Steam method:** If you have a steamer or a pot with a lid, you can steam squash pieces until soft (about 10 minutes), then add to your daal.

SERVING IDEAS

Serve the daal with any of these:



Cooked rice



Flatbread



Yogurt



Fresh Coriander

ADDITIONAL TIPS

Time saving tips!

- **Prep Ahead When You Have Time**

Vegetables like squash can be hard to cut and prepare. They have thick skin and take effort to chop. If you have some free time on the weekend or a day off:

- Peel and chop squash, then store it in a container in the fridge for 3-4 days
- Chop onions, garlic, or ginger ahead of time
- Wash and cut other vegetables you'll use during the week

- **Frozen Vegetables Are Your Friend**

Frozen vegetables are just as nutritious as fresh ones. Sometimes they're even better because they're frozen right after being picked, which keeps the nutrients locked in. Good frozen options include:

- Broccoli and cauliflower
- Mixed vegetables
- Peas, green beans, and spinach
- Pre-chopped squash or butternut

INGREDIENTS

For the roasted vegetables:

- 1 small squash (for example; pumpkin), cut into small cubes
- 1/2 cauliflower, cut into small pieces
- 2 tablespoons oil
- 1/2 teaspoon salt

Daal base:

- 250g red lentils (washed and drained)
- 1 onion, chopped
- 3 cloves garlic
- 1 tsp turmeric
- 2 tsp cumin
- 2 tsp curry powder
- 1 tsp paprika
- 2 tbsp oil
- 1 tin chopped tomatoes
- 800ml water
- 1 tsp salt

METHOD

Roast the vegetables

1



Turn on the oven to 180°C (fan).

2



Put the squash and cauliflower on an oven-proof tray.

3



Add 2 tablespoons oil and 1/2 teaspoon salt.

4



Mix everything with your hands or a spoon.

METHOD

Roast the vegetables

5



Put the tray in the oven.

6



Cook for **25–30 minutes**, until the vegetables are soft.

METHOD

Cook the daal

1



Put a large pot on **medium** heat.

2



Add 2 tablespoons oil.

3



Add the chopped onion.

4



Cook for **5 minutes**, until the onion becomes soft.

METHOD

Cook the daal

5



Add the garlic and all the spices (turmeric, cumin, curry powder, paprika).

6



Cook for 5 more minutes.

7



Add the lentils, chopped tomatoes, water, and **1 teaspoon salt**.

8



Stir everything.

METHOD

Cook the daal

9



Turn the heat to **high** and let the pot boil.

10



When you see bubbles, turn the heat down to **medium-low**.

11



Put the lid on the pot.

12



Cook for **20–30 minutes**.

METHOD

Cook the daal



Every **10 minutes**, open the lid and stir.



If the daal becomes too thick or sticks to the bottom, add a little water (2–3 tablespoons).

Mix everything together



- When the daal is soft and thick, turn off the heat.
- Add the roasted vegetables into the pot and stir well.
- Taste the daal.
- If you want more salt or spices, add a small amount and taste again.

