



Since we cannot go to Sri Lanka
for now...

Let Sri Lanka come to your table
With the help of Chef Cyril



Sri Lankan Dhal Curry

Ingredients:

- A jug of vegetable or coconut oil
- 1 teaspoon of mustard seeds
- 1 teaspoon of cumin seeds
- 1 sprig of curry leaves, broken up
- 1/2 finely chopped onion
- 1 teaspoon of turmeric
- 1 cup of red split lentils
- 2 garlic gloves sliced in half
- 2-3 split green chillies (optional)
- 1 kettle of boiling water
- 1 tablespoon of powdered coconut milk
- salt to taste

Directions:

Step 1

Heat the oil in a pan, once hot add the mustard and cumin seeds

When the mustard seeds start popping, add in the onion and curry leaves

Once the onion has softened, turn the heat to medium

Step 2

Add in the red split lentils and stir around in the pan, so they can soak up the heat and until they have a nice glossy shine to them

Turn the heat to high and add in 2-3 cups of boiling water

Step 3

Add in the turmeric, salt, garlic and chilies. Leave to cook on a high heat for around 10 minutes. Once the lentils have cooked and the sauce has thickened, turn the heat to medium and add in the coconut powder. Let the coconut milk boil in the pan with the lentils for a further minute.

Turn off the heat and serve piping hot!