Make warm, spicy dal

What you need

- 300g dry red lentils
- 1 tbsp vegetable oil
- 1 red onion, finely chopped
- 2 garlic cloves, crushed
- 1 tbsp tomato purée
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp garam masala
- Pinch of dried chilli flakes
- 1 tsp grated fresh ginger
- 1 400g tin chopped tomatoes
- Fresh coriander and lime (optional)
- 2 saucepans with lids
- Colander
- Knife
- Grater
- Chopping board
- Wooden spoon

For lots of people in the UK, January is Veganuary – a month dedicated to veganism. A vegan diet contains only plant-based foods. This means no meat, fish or animal products, such as eggs or milk.

Children and young people should eat a wide range of foods to make sure they get the right nourishment. For that reason, the NHS says a vegan diet for children should be overseen carefully by parents. However, January is a good time to try something new, so why not swap a meat-based meal for a vegan recipe, say once a week? Adding some vegan dishes to your dinner favourites can boost your confidence too, by introducing you to some ingredients that you might not have tried before.

This vegan recipe is for a simple dish called dal. Dal is a very popular south Asian food believed to date back to the Indus Valley Civilisation, more than 3,000 years ago. It is made from pulses, a group of plants that include lentils, chickpeas, peas and beans. This recipe serves four people and takes about half an hour to cook.

Instructions

1 Cover the lentils with water and bring to the boil, then reduce the heat, cover with a lid and simmer for 10 minutes. Use a colander to drain when it's ready.

2 Cook the onions and garlic in the oil over a low heat until they are soft. Add the tomato purée and spices and cook for a minute longer.

3 Add the tin of tomatoes and the drained lentils, stir, and simmer for 10 minutes.

4 Season to taste with salt and pepper, serve in bowls. You can garnish your dal with some shredded fresh coriander and a squeeze of lime juice. Serve on its own or with rice.

GETTY IMAGES

WARNING! Ask an adult for permission to use the kitchen.

Head to theweekjunior.co.uk/activityhub for more crafts and recipes.

SCAN ME