

DHAL – INDIASE CURRY MET LINZEN

Land: Indiaas

Maaltijd: Hoofdgerecht

Porties: 3 personen

Bereidingstijd: 25 minuten + 15 min. pruttelen

INGREDIËNTEN VOOR 3 PERSONEN

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- 250 gram rode linzen (ongekookt, dus niet uit blik)
- 1 blokje groentebouillon
- 1 ui
- 3 teentjes knoflook
- 1 tl kurkuma
- 1 tl gemberpoeder
- 1 tl chilipoeder
- 1 el garam masala
- 1 blikje tomatenpuree
- 1 blik gepelde tomaten
- 1 paprika
- 1/2 citroen (alleen het sap)
- 250 gram tuinerwtjes (diepvries)
- 200 ml kokosmelk

- verse koriander (ter garnering)

WAT GA JE DOEN

Spoel de linzen af onder de kraan. Kook de linzen daarna met het bouillonblokje in ruim water in ca. 20 minuten gaar, tot ze uit elkaar beginnen te vallen. De linzen nemen veel water op, dus voeg indien nodig nog wat extra water toe. Giet de linzen af als ze gaar zijn.

Snipper ondertussen de ui en hak de knoflook fijn. Snijd de paprika in blokjes.

Verhit een ruime hoeveelheid olie in een braadpan of hapjespan en fruit hierin de ui en knoflook aan. Voeg vervolgens de specerijen en 2 el water toe en bak kort mee tot ze beginnen te geuren. Voeg dan de paprikablokjes en tomatenpuree toe. Bak dit ca. 5 minuten mee en voeg dan de tomatenblokjes, het citroensap en de linzen toe. Laat met het deksel op de pan minimaal 15 minuten pruttelen (langer mag ook). Voeg dan de tuinerwtjes en kokosmelk toe en verwarm nog 5 minuten mee. Proef of je de dhal lekker vindt en breng indien nodig verder op smaak met peper, zout of chilipeper.

Serveer met verse koriander. Lekker met naan.

