

## DHAL SOUP

25g butter  
2 crushed garlic cloves  
1 chopped onion  
½ teaspoon turmeric  
1 teaspoon garam masala  
¼ teaspoon chilli powder  
1 teaspoon ground cumin  
2 tins of tomatoes, chopped and drained  
175g red lentils  
2 teaspoons of lemon juice  
600ml vegetable stock  
300ml coconut milk  
salt and pepper

Melt the butter in a large pan and saute the onion and garlic, stirring, for 2-3 minutes. Add the turmeric, garam masala, chilli powder and cumin, and cook for a further 30 seconds.

Stir in the tomatoes, red lentils, lemon juice, vegetable stock and coconut milk and bring to the boil.

Reduce the heat and simmer uncovered for 25-30 minutes, until the lentils are tender and cooked. Season to taste with salt and pepper.