

Lentil dhal with cauliflower 'rice'

A light and nutritious substitute for rice, cauliflower 'rice' is a low carbohydrate alternative. Not only will it boost your vegetable intake, but cauliflowers are a cruciferous vegetable, high in fibre and antioxidants that help support our digestive system and mental health. Lentils are a true mood boosting food packed with tryptophan, an amino acid which helps us produce serotonin, a feel-good hormone which is also helps regulate our sleep-wake cycle.

Serves 4



Ingredients

Cauliflower rice

- 1 head cauliflower, broken into florets
- 1 tablespoon olive or coconut oil
- 1 onion, finely chopped
- 1 teaspoon salt
- 1 tablespoon each pilau & Tikka Masala seasoning

Dhal

- 3 tablespoons olive oil
- 1 onion, chopped
- 4 garlic cloves, crushed
- 2.5cm piece fresh ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 large chilli (optional)
- 250g (1 cup) red lentils, rinsed
- 750 ml water (or can use vegetable stock)
- 1 cup chopped spinach leave
- ½ teaspoon salt
- 1 tablespoon lime juice
- Large handful coriander leaves to serv



Method

Cauliflower rice

Place cauliflower florets in a food processor and pulse until cauliflower resembles 'rice'. In a fry pan, gently melt the oil & lightly cook the 'rice' with the onion for around 5 minutes until the onion begins to soften. Stir in the spices until well combined.

Lentil dhal

Heat a saucepan over medium heat and add the oil or stock. When hot add the onion, garlic, ginger, cumin, coriander & chilli if using & gently cook until soft (around 10 minutes). Add the lentils & the water/stock, cover with a lid & cook, stirring occasionally for around 20 minutes, until the lentils have broken down. Add more stock/water if you prefer a runnier dhal. If too runny cook uncovered for a further 5 minutes .

Add chopped spinach leaves & cook for a further minute or two then add the salt. Remove from the heat & stir through the lime juice & top with coriander leaves. Serve the dhal with the cauliflower rice.