



#### VOLUNTEERISM

Get involved with your local community centre! Volunteering connects you to new people as you help and work with others. Studies show that volunteering has a positive impact on your mental well-being and physical health.

#4 Food for thought: Eat Well Live Well Think Well

## Lentil & Cauliflower Dal

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*Chef Shaikh Rajiur Kazi*

## Ingredients

- Dal (yellow lentils) ..... ½ cup
  - Reduced salt chicken stock ..... 1 cup
  - Cauliflower (raw, cut into small florets) ..... 1 cup
  - Indian curry paste ..... 1 Tbsp
  - Canola oil ..... 1 Tbsp
  - Garlic (finely chopped)..... 1 clove
  - Large red onion (thinly sliced) .... ½
- (Coriander for garnishing)*

## Nutritional Information (250 g per serving)

- Energy ..... 350 kcal
- Carbohydrate ..... 39 g
- Protein ..... 14 g
- Fat ..... 14 g
- Saturated Fat ..... 2 g
- Cholesterol ..... 0 mg
- Dietary Fibre ..... 21 g
- Sodium ..... 400 mg

## Cooking Method

1. Heat canola oil in a large pan over medium heat.
2. Add onion, garlic and curry paste to cook, stirring mixture for 5 minutes or until onion softens.
3. Add lentils into pan and stir well to coat.
4. Add chicken stock and bring to boil, cover and simmer over low heat for 15 minutes.
5. Return heat to medium, add cauliflower and simmer covered until vegetables are tender.
6. Garnish with coriander as desired, serve immediately.