

DHAL CURRY

A Sri Lankan refugee reflection: "Dhal curry is the simplest and easiest curry served with rice in most households in Sri Lanka. Remembering my childhood days during the civil war and internal displacements, what we fondly call Parippu Curry is a poor man's survival food loved by everyone."

SERVES: 3
COOKING TIME: 50 MINS

INGREDIENTS:

1 cup lentils
½ cup water
2 cloves garlic
1 green chilli
¼ red onion
Handful curry leaves
½ teaspoon turmeric, cumin seeds and mustard seeds
1 x 400ml tin coconut milk

METHOD:

Wash and soak lentils in room temperature water for 30 minutes.
Sauté garlic, onions and chilli for a couple of minutes.
Add the spices and mix the lentils in.
This should all be simmered together until the lentils are soft.
Add the coconut milk once they get soft. Season accordingly.
Serve with rice or bread. Enjoy!

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