



## COUSCOUS AND DAHL

Serves 6

### Curried Lentil Dahl

3 Tbsp	Ghee or Vegetable Oil
1 medium	Red Onion, medium dice
2-3 cloves	Garlic, sliced
1 Tbsp	Tomato Paste
½ - 1 Tbsp	Curry Paste
1 ¾ cups	Green or Red Lentils, rinsed
2 cups	Vegetable Stock, or more if needed
To Taste	Salt & Pepper

### Equipment

- Chef's knife
- Sauce pot
- Spatula

1. Heat ghee/oil in large sauce pot over med-high heat. Add onion, garlic and salt and pepper. Sauté for 5-7 minutes until veggies are just starting to brown. Reduce heat to medium, stir in tomato and curry pastes. Sauté for another minute or two until fragrant
2. Add lentils and stock; bring to a simmer. Add more stock if necessary. Continue to cook stirring occasionally, for 30-45 minutes until desired tenderness

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### Cranberry Almond Herb Couscous

1 2/3 cup	Chicken or Vegetable Stock
1 ¼ cup	Semolina Couscous
1/3 cup	Dried Cranberries
¼ cup	Sliced Almonds, toasted
½ Tbsp	Butter, softened
To Taste	Salt & Pepper

### Equipment

- Spatula
- Mixing bowl
- Saucepan

1. Stir couscous and next four ingredients together in large mixing bowl.
2. Bring stock to a simmer in saucepan. Remove from heat and stir in couscous mixture. Season with salt and pepper. Cover tightly and let stand for 10 minutes. Uncover, fluff, and serve.