

Week 2: Diet

Monday: Indian Coconut-Dahl



Lentils are rich in proteins, carbs and zinc and are therefore not only healthy but also perfect for covering protein needs when living a vegan lifestyle. Also they are wonderful for a warming autumn stew and a mental trip to the Far East. Enjoy cooking and *bonne appetit!*

Ingredients for 2 people:

- 1 large onion
- 20 g ginger
- 160 g red lentils
- 260 g peeled tomatos
- 260 ml coconut milk
- 6 g Garam Masala
- 1 garlic clove
- 2 teaspoon coconut oil
- ½ teaspoon chili falkes
- salt
- pepper
- Additionally if you like:
rice, potatos or pita bread

1. Rinse lentils and put aside.
2. Peel onion, garlic and ginger and cut in small cubes.
3. Heat up a little coconut oil. Brown onion, garlic and ginger for 2-3 minutes.
4. Add Garam Masala mixture and keep browning.
5. Add rinsed lentils and peeled tomatos. Crush tomatos with a spatula and mix everything.
6. Add coconut milk and let everything simmer for about 20 minutes. Season with salt, pepper and chili flakes.
7. If you like decorate with coriander and rosted sesame. Pita bread, rice or potatoes work as a side dish.

