Prepmate Meal Pack Recipe for the Thrive Under 5 Project

Please note: This recipe contains stock cubes/powder.

Use of stock cubes/powder (standard and low salt versions) should not be used with babies under 12 months of age and are not recommended for children under 11 years old. If you plan to use the low salt stock cube(s)/powder suggested for this recipe, please add this towards the end of cooking, taking out the baby/child's portion before you do so. Herbs and mild spices can be used.
Texture of foods is very important for babies around 6-12 months (starting solids stage), beginning with well mashed to lumpy to then chopped (age/stage appropriate). Also, simple single food ingredients are recommended at early weaning stage and not composite dishes. Consult with your Health Visitor/Dietician for advice and see:
www.publichealthscotland.scot/publications/fun-first-foods-an-easy-guide-to-introducing-solid-foods
Follow this link for recipes and wider information on introducing solid foods to your baby: **www.nhsggc.scot/your-health/early-years/starting-solids/**
For other family friendly recipes see: **www.parentclub.scot/recipes**
For further information on salt refer to: **www.bda.uk.com/resource/salt.html**

DAHL

INGREDIENTS (SERVES 4)

- **175g** Red lentils
- **1** Low salt vegetable stock cube
- **1** Onion
- **2** Cloves garlic
- **1** Inch piece of ginger
- **400g** Tinned chopped tomatoes
- **1** Teaspoon ground turmeric
- **1** Teaspoon cumin seeds
- **1** Teaspoon ground coriander
- **½** Teaspoon chilli powder (optional)
- Fresh coriander for garnish (optional)
- Lemon wedges for serving

PANTRY LIST

- Oil

EQUIPMENT NEEDED

- Medium pot
- Frying pan
- Wooden spoon
- Chopping board
- Sharp knife
- Grater
- Measuring jug



PREPARATION TIME:
5 minutes
COOKING TIME:
45 minutes

METHOD

1. Rinse the lentils thoroughly in cold water and drain and place in a medium pot.
   Dissolve the stock cube in 1 litre of boiled water and add to the lentils.
2. Bring to the boil, reduce heat and simmer for 15-20 mins until soft.
   Skim off any foam that forms on the surface using a spoon.
3. Whilst the lentils are cooking, peel and finely chop the onion and garlic, then peel and grate the ginger.
4. Add 1 tablespoon of oil in a frying pan over medium heat.
   Add cumin seeds and sauté for 30 seconds.
5. Add the chopped onions and cook until golden brown (about 5-7 minutes).
   Stir in the garlic, ginger, turmeric, ground coriander, and chilli powder. Cook for 1-2 minutes.
6. Add the chopped tomatoes and cook for 5-7 minutes until the mixture thickens and the oil begins to separate from the tomato mixture.
7. Add the cooked lentils to the frying pan and mix well. Simmer on low heat for another 5-10 minutes, stirring occasionally.
8. Serving suggestion: cut the lemon into wedges and then garnish with fresh coriander.



ALLERGY INFORMATION:

Sulphites: Vegetable stock cube, tomatoes

Legumes: Red lentils