

Dragon Dahl



Method

1. Rinse the lentils in a colander until the water is running almost clear then put them in the saucepan with water.

2. Bring the saucepan to boil and then simmer for up to 30 minutes until you have a thick porridge consistency. Keep stirring regularly to make sure the lentils don't stick to the bottom of the pan. This is a hob job so ask your grown-up helper to help you as the hob will be hot, hot hot!

3. While the lentils are cooking, heat a little oil in a frying pan and then add the onions and garlic.

4. When the onions start to soften, add the curry powder and tomatoes. Stir and cook for a further 5 minutes.

5. Once the lentils are cooked, add the tomatoes and stir. Turn off the heat, and leave the curry to one side

6. Now to make our dragon naan bread. To make the body cut zig zags down either side of the pitta bread using a knife. You may need a grown up helper to help you with this!

7. For decoration add a red pepper tongue and some spikes down its back. You could add some eyes using a leftover cherry tomato halves, cut in half with some black olive slices on top.

8. Put the dahl into a bowl and add fresh coriander as a tasty garnish, serve with your dragon naan to guard the precious dahl!

Ingredients

- 200g red lentils
- Sunflower oil
- 1 medium onion, finely sliced
- 3 cloves garlic, finely sliced
- 2 tsp of curry powder
- A handful of cherry tomatoes, chopped roughly
- 1 naan bread
- 1 red pepper, cut into zig zag strips
- 2 black olives, sliced