KIKKOMAN

Red lentil dal with tofu and ginger

Total time **72 mins** **20 mins** preparation time **52 mins** cooking time

Nutritional facts (per portion):
6,455 kJ / 1,542 kcal

Fat: **71 g** Protein: **54 g**
Carbohydrates: **171 g**

INGREDIENTS

2 portion(s)

Dal:

100 g	red lentils
350 ml	vegetable stock
100 g	firm tofu, diced
2 tbsp	clarified butter (ghee)
80 g	carrot, thinly sliced
0.5 tbsp	ginger, grated
100 g	pak choi, sliced
1 tsp	garam masala
2 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
1 tsp	Kikkoman Toasted Sesame Oil
200 g	tinned chopped tomatoes

Fried rice:

100 g	brown rice (e.g. Sona Masoori)
30 g	clarified butter (ghee)
30 g	shallot, chopped
2	garlic cloves, chopped
1 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce

Decoration:

1	green chilli, sliced

PREPARATION

Step 1

100 g red lentils - **350 ml** vegetable stock - **100 g** firm tofu, diced - **2 tbsp** clarified butter (ghee) - **80 g** carrot, thinly sliced - **0.5 tbsp** ginger, grated
Cook the lentils in the vegetable stock for 10 minutes. In a pan, fry the tofu in the ghee for about 4–5 minutes until crispy. Add the carrot and ginger and fry for 2 minutes.

Step 2

100 g pak choi, sliced - **1 tsp** garam masala - **2 tbsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **1 tsp** Kikkoman Toasted Sesame Oil - **200 g** tinned chopped tomatoes
In the same pan from step 1, add the pak choi and fry for 1–2 minutes. Add the garam masala and fry for 10–15 seconds to release the aroma. Stir in the cooked lentils, then add the tinned tomatoes and cook for another 3 minutes. Season with the Kikkoman Gluten free Soy Sauce and Kikkoman Sesame Oil.

Step 3

100 g brown rice (e.g. Sona Masoori) - **30 g** clarified butter (ghee) - **30 g** shallot, chopped - **2** garlic cloves, chopped - **1 tbsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **1** green chilli, sliced
Cook the rice according to the packet instructions. Melt the ghee in a pan and fry the shallot and garlic for 1 minute. Add the rice and fry for another 2 minutes. Season with the Kikkoman Gluten free Soy Sauce. Garnish the dal with the sliced chilli and serve with the rice.