**CREAMY VEGAN DAHL**

**Comfort food is all about warming your body from the inside and what can do that better than dahl? Even its name is endearing. Whether you follow a vegan diet or not, this protein-packed and nutritious meal will leave you totally satisfied.**

2 cups yellow lentils

6 cups water

4 garlic cloves, minced

1 tsp. cumin powder

1 tsp. smoked paprika

1 tbsp. curry powder

1 tsp. ground coriander

2 tsp. turmeric

1 tsp. mustard seeds

3 bay leaves

1 tsp. Himalayan rock salt

400mL coconut milk

400g can tomatoes

Lime juice

Combine all ingredients, except the coconut milk and tomatoes, in a large pot and bring to the boil.  Turn down to simmer then add the coconut milk and tomatoes.  Stir well.

Simmer, stirring occasionally, for 30 minutes, or until the lentils are soft and the consistency is creamy.  More water can be added if you prefer the dahl to be a bit runnier.

Remove the bay leaves and serve with steamed rice, quinoa, vegetables or salad. Squeeze with lots of lime juice and garnish with coriander, coconut or avocado.