

Dahl

IDDSI Level 4

Dinner

Recipe source: Beyond the Blender Dysphagia Cookbook

Time to make: 30 mins

Servings: 4

Ingredients:

1 cup red lentils
1 onion, finely chopped
1 tsp turmeric
1 tsp cumin
1 tsp garam marsala
½ tsp chilli powder
1 tbsp chicken stock
1 tsp oil
1 cup chicken stock

Instructions:

- Fry onion, then add cumin until brown and roasted.
- Add stock, lentils and remaining spices.
- Cook for approximately 20 minutes until the mixture is thick.
- Puree with stick blender or in food processor until smooth.



Dietitian's Top Tips:

If your goal is to gain weight, add extra butter or ghee to increase the calorie content of this dish.