

Vegetable and red lentil dhansak

Included in: Spring/summer menu
Allergy information: Contains mustard*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 130g
Preparation time: 15 minutes
Cooking time: 35 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	30g (½ small)	120g (1 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Red pepper, deseeded	40g (¼ medium)	160g (1 medium)
Green pepper, deseeded	40g (¼ medium)	160g (1 medium)
Carrot, peeled	20g (1 small)	80g (1 medium)
Potatoes, peeled	35g (1 small)	140g (2 medium)
Cauliflower	100g	400g
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Curry powder	5g (1½ teaspoons)	20g (1 tablespoon)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Coconut milk, standard	50ml	200ml
Dried red lentils	65g	260g
Water	150ml	600ml
Fresh coriander	5g (2-3 sprigs)	20g (1 small bunch)

Method	
1.	Chop the onions, garlic, pepper, carrot and potato. Break the cauliflower into florets.
2.	Heat oil in a pan and add curry powder. Cook for 1-2 minutes.
3.	Add all the chopped vegetables and cook for 5 minutes to soften.
4.	Add the canned tomatoes, coconut milk, lentils and water. Cook for 20-25 minutes or until all the vegetables are cooked.
5.	Chop and stir in the coriander before serving.

Serving suggestion: Serve with brown rice.
Infants 7-12 months
Typical portion size: about 60g dhansak with 30-40g rice and 25g vegetables
Recipe adaptations: none
Serving to infants 7-9 months: blend or mash the cooked dhansak with cooked brown rice until it is smooth with soft lumps. Serve with cooked carrot batons as a finger food.
Serving to infants 10-12 months: chop or mince the cooked dhansak with cooked brown rice to the desired consistency. Serve with cooked carrot batons as a finger food.