



# Cauliflower and Red Lentil Dal

## Ingredients

- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 tbsp. minced, fresh ginger
- 3 tbsp. chopped cilantro stems
- 1/4 tsp. paprika
- 1 tsp. turmeric
- 3/4 c. red lentils, rinsed
- 1 head cauliflower, cored and separated into bite-size clusters
- 1 tsp. salt, or to taste
- Fresh lemon juice, about 1 tbsp.
- Fresh cilantro leaves for garnish

## Instructions

- 1 In a medium saucepan, add onion with 1 tablespoon water and steam for a minute or so. Add the garlic and ginger and stir until fragrant, about 2 minutes.
- 2 Add cilantro stems, paprika and turmeric and stir over moderate heat 2-3 minutes.
- 3 Add the lentils and stir into flavoring mixture. Pour in 2 1/2 cups water and bring to boil. Reduce heat to low, cover, and simmer for 15 minutes.
- 4 Add cauliflower and continue cooking until just tender.
- 5 Season with salt and lemon juice to taste.
- 6 Garnish with cilantro leaves.
- 7 Serve over brown rice.