


Shopping List

<p>Today we are making dahl.</p> <p>To make dahl, you will need these ingredients.</p>	
<p>500g Red Lentils</p>	
<p>2 Red Onions</p>	
<p>3 Cloves of Garlic</p>	
<p>5cm Piece of Ginger</p>	
<p>2 Tins of Tomatoes</p>	
<p>2 tsp of Salt</p>	

<p>2 tsp Ground Cumin</p>	
<p>A Pinch of Cayenne Pepper</p>	
<p>1 tsp of Ground Turmeric</p>	
<p>3 tsp Medium Curry Powder</p>	
<p>1 tsp Ground Pepper</p>	
<p>2 tbsp Tamari or Soy Sauce</p>	
<p>1.5 Litres of Water</p>	
<p>Coriander</p>	

Look at the recipe to help you
to make the dahl.

