Shopping List

Today we are making dahl. To make dahl, you will need these ingredients.	
500g Red Lentils	red split lentils
2 Red Onions	
3 Cloves of Garlic	
5cm Piece of Ginger	
2 Tins of Tomatoes	CHOPPED TOMATOES CHOPPED TOMA
2 tsp of Salt	WYEN/IES THURSE THE SEALT

2 tsp Ground Cumin	Schwartz CUMIN BROWN
A Pinch of Cayenne Pepper	Cayerine Cail Papar
1 tsp of Ground Turmeric	Schwartz TURMERIC GROUND
3 tsp Medium Curry Powder	Schwarz CURRY CURRY
1 tsp Ground Pepper	
2 tbsp Tamari or Soy Sauce	TOWN TOWN
1.5 Litres of Water	
Coriander	

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

