

Amazing Autumnal Lentil Dish

Super easy, quick, nourishing and delectably delicious! Enjoy!

Some of the pungent herbs in this recipe are good for the lungs (the organ of Autumn). Mustard seeds are pungent and warm. They get the circulation going which helps clear lumps from the body and ease pain and numbness in the joints. Mustard seeds also warm the lungs and remove phlegm.

1 1/2 cups red lentils
1 1/2 cups water
1 Tin diced organic tomatoes
3 tbsp tomato paste
2 tbsp yellow mustard seeds
Big splash olive oil
1 large brown onion – diced
3-4 cloves garlic chopped – lots of yummy garlic!!
2 tbsp rapadura sugar or honey
Handful fresh torn basil leaves
200g fetta
Cracked pepper
1 tbsp dried mixed herbs to

- Boil red lentils in water for 10 minutes to soften
- Heat olive oil in a hot pan til sizzling
- Fry mustard seeds til they begin to “pop”
- Add garlic and onion – sauté til clear (you may wish to add a little more olive oil at this time)
- Transfer lentils to pan, add tomatoes, tomato paste, rapadura sugar, cracked pepper and mixed herbs to taste
- Simmer for 20 – 30 minutes, you may need a little more water for a thick, “dhal”-like consistency
- Take off the heat – roughly chop the fetta into small cubes and gold through the lentil mix
- Tear basil and fold through at the end.
- Serve with brown rice and fresh greens!

Buon appetite!