

This Red Lentil Dahl is super easy to make, yet it's protein and iron rich - the perfect vegetarian nourishment to build Qi & Blood after giving birth, or as a Blood Building tonic food during menstruation. The addition of Chinese Herbs turbo-charge the Yin & Blood Nourishing properties

Red Lentil Dahl

1 cup red lentils*

½ butternut pumpkin, cubed

1 tbsp. ghee or olive oil

1 onion, finely chopped (optional)

1 celery, finely chopped

1 tsp. whole cumin seeds

¼ tsp. ground cardamom

2-4 garlic cloves, crushed (optional)

2 tbsp. ginger,** grated

4 cups water or vegetable broth

400g tinned chopped tomatoes

3-4 slices Shan Yao***

1 tsp. turmeric

pinch salt

1-2 tbsp. Gou Qi Zi***

1/3 cup chopped coriander (garnish)



DIRECTIONS:

Rinse lentils in a sieve with cold water and discard any stones that may be present.

Heat oil or ghee over low heat in a heavy based saucepan. Add onions and celery and gently cook, stirring frequently for 5 minutes or until soft and translucent.

Add cumin, cardamom, garlic and ginger; cook, stirring often, until fragrant, about 2 minutes.

Add lentils, pumpkin, broth, tomatoes, **Shan Yao**, and turmeric and bring to boil. Reduce heat to medium low; cover and simmer, stirring until lentils are soft, about 30 – 45 minutes.

Add **Gou Qi Zi** and simmer another 10-15 minutes. Season to taste.

Ladle into bowl and garnish with fresh coriander. Enjoy every nourishing bite! Red Lentil Dahl can be served with rice, roti, naan, yogurt etc.

***Red lentils** are one of the best sources of vegetable protein as well as being full of folate, iron, zinc, Vitamin B6 and other minerals, helping prevent anemia and replenish the blood lost during birth or during menstruation.

In Chinese Medicine lots of **ginger is used extensively in postpartum cooking to warm the body, improve the blood circulation and assisting the repair process.

*****Shan Yao** (Mountain Yam) and **Gou Qi Zi** (Goji Berries) are readily available from Asian Grocers. The recipe works just as well without these ingredients, or you could also stir through 200g spinach at the end of cooking time until wilted.

NB. Although chili is often ingredient in dahl, do not add chilies during the postpartum because the hot chili pepper induces sweating, further depleting the body through the loss of Body Fluids.