

The weather has been cold and blustery, and that always makes me reach for something with warming spices, so today I'm sharing with you a slightly more complex dish than usual, but a firm favourite. A dahl is my preferred way to utilise lentils, and this twist on a classic showcases spinach and rhubarb, which sounds weird, but pairs beautifully with the spice palate. If you can't quite bring yourself to add the rhubarb then parsnip works well to add just a touch of sweetness in its place.

Rhubarb is a good source of vitamins K and C, calcium, potassium, and folate. Spinach is an excellent source of vitamins A, E, C, B6, B9, K1, folic acid, iron, magnesium, potassium, and calcium. Combined the two pack a serious antioxidant punch, including anthocyanins, proanthocyanidins, lutein, quercetin, and zeaxanthin.

### **Rhubarb and spinach dahl**

(serves 2-4)

1 stalk of rhubarb (sliced into rounds)

1-2 handfuls of spinach

1 tbsp extra virgin olive oil

200g dried red split lentils

1 tsp ground Cumin

1 tsp ground Turmeric

½ tsp ground Coriander

2 Cardamon pods, crushed

Cayenne pepper to taste (I usually use a teaspoon)

1 large onion (diced)

Thumb sized piece of ginger (peeled and finely grated)

3 garlic cloves (finely grated)

1 can coconut milk

150ml stock (vegetable or chicken)

Small bunch of fresh coriander

Dry fry the dry spices on a medium heat in a saucepan for a couple of minutes, stirring regularly so they don't catch.

Add the oil, onion, garlic, and ginger and allow to soften for 5 minutes.

Add the rhubarb sautéing for a further minute before adding the lentils, coconut milk and stock.

Bring to the boil then simmer for 15-20 minutes or until the lentils are cooked.

Finely slice the coriander and spinach, and stir in when you take the pan off the heat.

This is lovely served with a wholemeal chapati as a quick dinner, or as part of a larger Indian inspired feast, just remember to remove the cardamon pods before you tuck in!

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