

INFORMATION FOR HEALTHCARE PROFESSIONALS TO GIVE TO PARENTS/CARERS

AROMATIC DAAL

Lentil Daal

Equipment:

Hand or jug blender • Spatula • Heavy bottomed pan • Sieve



Dietary information: Gluten-free, egg-free, nut-free. **Allergens**: Milk, fish.

*Warning: Turmeric may stain the syringe.

Ingredients:

- √ 1 cup yellow lentils
- ♥ 5 cups of water
- Dry spices: 1tsp turmeric, 1tsp garam masala, 2tsp cumin seeds, 1-2tsp salt
- Fresh ingredients: 1 chopped onion, 0.5inch grated ginger, 3 finely chopped garlic cloves
- ♥ 150ml Compleat® paediatric
- 2 chopped tomatoes or 200g tinned tomatoes
- Optional: 2-3 green chilli's (αs per spice tolerance), coriander (αs a garnish)

Prep: 15 mins **Cook:** 30 mins **Ready In:** 45 mins **Serves:** 7 (adults)

Full portion: 300ml (5 x 60ml syringe) **Difficulty:** Easy

Instructions:

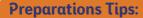


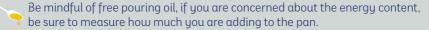


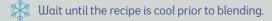
- Wash the lentils in cold water. Add 5 cups of water to the lentils and add the dry spices, along with the tomatoes, onions and ginger. Bring to a boil.
- 2 Turn the heat down to low, and allow it to simmer for 10-15 minutes, the lentils should now be cooked and combined well with the water.
- 1 In a separate pan, heat some oil and add the cumin seeds. When they crackle, add the garlic and garam masala, then add it to the daal.
- Mix well and allow to simmer for 10-15 minutes. Add extra water if it looks too thick. Garnish with coriander if you wish.
- 6 Once the child's portion is cool, add 150ml Compleat® paediatric to 100ml daal, prior to blending**.

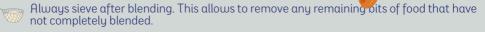


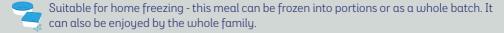


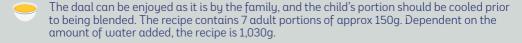


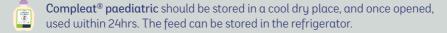












TO INCREASE THE ENERGY CONTENT OF THE RECIPE, ADD:

A 1 tbsp butter

8 1 tbsp/20g Greek yoghurt (27kcal/112kj)



* It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate.

Energy and Protein Content

Portion Size	Serving (ml)	Syringe (Quantity x volume)	Energy (kcals/kj)	Protein (g)
Full Portion	300	5 x 60ml	281/1175	13
Half Portion	180	3 x 60ml	169/707	7.8
Third Portion	120	2 x 60ml	112/468	5.2

Please note: Your dietitian should help you to estimate the correct portion for your child; some children may need smaller portions.

