

# Vegan Dahl with Indigenous herbs

A veggie-packed curry that also highlights native Australian lemon myrtle



## Ingredients

Serves  people

Basmati rice - 7kg

Olive oil - ½ cup

Garlic, minced - 10 cloves

Brown onions, diced - 5 onions

Cumin - 2 tablespoons

Coriander, ground - 2 tablespoons

Turmeric - 2 tablespoons

Mustard seed - 2 tablespoons

Garam masala - 2 tablespoons

Ginger, grated - 2 tablespoons

Lemon myrtle - 1 tablespoon

Coriander - 1 bunch

Carrots, diced - 10 carrots

Celery, diced - 5 celery stalks

## Method

- 1 Cook rice in rice cooker as per rice cooker instructions.
- 2 Add oil to large pot on medium heat and brown off onion and garlic, then add all spices and herbs and cook for 1-2 minutes until fragrant.
- 3 Add carrots, celery, zucchini and capsicum and stir together for approximately 5 minutes.
- 4 Add lentils and chickpeas then stir in crushed tomatoes, coconut milk and vegetable stock.
- 5 Cover and cook for approximately 1 hour on medium heat, stirring occasionally.
- 6 Add spinach and stir through for approximately 30 seconds until spinach has wilted.
- 7 Serve with basmati rice, and/or optional roti bread.

**Zucchini, diced** - 5 zucchinis

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**Capsicum, diced** - 4 capsicums

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**Red lentils, dried** - 2kg

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**Chickpeas, canned** - 1kg

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**Crushed tomatoes, canned** - 5kg

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**Coconut milk, reduced fat** - 2x 400ml cans

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**Vegetable stock, reduced salt** - 1 litre

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**Spinach** - 5kg

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**Optional - Roti bread** - 10kg

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## Allergy information

This recipe does not account for potential contamination that may occur through manufacturing and processing. Ingredients in this recipe may still have precautionary allergen food labelling (e.g. “may contain traces of”).

When preparing this recipe, it is important to:

- double-check the label of ingredients every time you make it
- prevent any contamination during preparation, cooking and serving.

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## Recipe tips

- For soy free, check label of vegetable stock and roti bread and choose products that do not contain soy.
- For wheat free or gluten free, check label of vegetable stock and choose a product that does not contain soy and omit roti
- Vegetables can also be swapped for other vegetables you may have on hand such as mushrooms, pumpkin, sweet potato or other legumes such as kidney beans.

## Each serve provides

Food group	Children's serves
Meat/alternatives (chicken)	0.5 children's serve
Vegetables	1.3 children's serves
Grains (rice)	1.9 children's serves

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

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**Written and reviewed by dietitians and nutritionists at Nutrition Australia, with support from the Victorian Government.**



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