

# THE LAB

Three things to make and do



## WARNING!

Take care with boiling water and hot oil. Ask a grown-up to help you cook this dish.



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# Cook a chana dal

Whip up a delicious dish to celebrate National Curry Week.

### What you need

- 250g chana dal (split chickpeas) or sorghum / cauliflower
- 1 tsp salt
- 1 tsp turmeric
- 2 tsp butter
- 2 tbsp sunflower oil
- 1 tsp cumin seeds
- 4 large garlic cloves, finely chopped
- 20g fresh root ginger, finely chopped
- 1 small onion, finely chopped
- 1 tomato, finely chopped
- 2 tsp dried fenugreek
- 2 tsp garam masala
- Coriander, rice, naan, or chapatis to serve

- Bowl
- Sieve
- Pan
- Deep frying pan

### Instructions

- 1 Soak the dried chana dal for at least one hour. Once soaked, sieve and rinse.
- 2 Put the chana dal in a pan and cover with a litre of boiling water. If you are allergic to legumes, you can substitute the chickpeas for sorghum or cauliflower. Add the salt, turmeric and butter. Cook on a simmer for around 45 minutes, or until soft.
- 3 Heat oil in a deep frying pan and add the cumin seeds. Fry for 30 seconds to brown the seeds, and then add the garlic and ginger and cook for one minute. Finally, add the onions and cook for a further five minutes.
- 4 Put the tomatoes in the pan and cook for two minutes, then add the fenugreek and garam masala. Take off the heat, add the chana dal to the pan and mix. If you prefer it runnier, add boiled water. At this point, you can add extra veg, like cooked potatoes and spinach, to your dish.
- 5 Serve with fresh coriander, some cooked rice and naan or chapatis if you wish. Enjoy!

**Allergy warning!** Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at [tinyurl.com/SN-allergy](http://tinyurl.com/SN-allergy)

### BIG NAAN

The world's largest naan bread weighed 32kg and measured 4.96m in length. It was made in Canada in 2016.



Raw split chickpeas.

### How does it work?

Chana dal is a type of chickpea (specifically desi chickpeas, but other varieties are sometimes used). It is high in protein, which your body uses for repairing your muscles. It is packed with essential nutrients, such as iron, calcium and potassium, and keeps you full. National Curry Week (6–12 October) is a week to celebrate curries and enjoy their delicious taste and variety. Curry dishes are popular in many countries. Chana dal is thought to have originated in the Bengal region of India and Bangladesh.