



Maneldevi's Dahl

"I like to watch others cook and learn what kind of cooking others do."

Recipe by Maneldevi, Asylum Seeker Welcome Centre participant.

Uniting

Maneldevi's Dahl

Ingredients

- 500g yellow split peas
- 8 garlic cloves
- 5 tablespoons oil
- 8 curry leaves
- 1½ finely chopped onions
- 3 peeled and chopped tomatoes
- 1 tbs black mustard seeds
- Salt
- Fresh coriander

Food to warm the soul

When the Uniting Asylum Seeker Welcome Centre (ASWC) opened its doors in 2002, people seeking asylum were warmly welcomed by our staff and volunteers. One Tuesday afternoon, a participant offered to cook a meal for everyone. This simple gesture started the Tuesday night ASWC dinner program, where participants, staff and volunteers take turns cooking for one another.



40 minutes



4-6 serves



Step 1

Place washed **split peas** in a pot and cover with water 5cm above the peas.



Step 2

Bring to **boil** and wait until cooked but still slightly firm. If dry, add water. Do not drain.



Step 3

Heat pan over medium heat. When hot, add a splash of **oil**. Add **mustard seeds**.



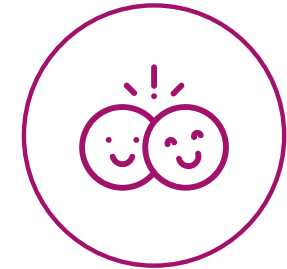
Step 4

Before they start to pop, add **onion, curry leaves** and **tomatoes**. Cook, stirring for 10 minutes.



Step 5

Add the **peas** and **salt** to taste. Cook for a further 5 minutes.



Step 6

Garnish with **coriander leaves** and serve. **Enjoy!**