



SPICY FRIED EGGS WITH A SIMPLE LENTIL DAHL

This creamy, comforting lentil dahl is a super pairing for spicy fried eggs. Packed full of flavour and Asian spice, it's a simple weekday dinner that tastes sublime and convinces guests you've put in a lot of effort. Top tip –freeze a batch of dahl into portions for when a delicious quick win is most needed.

Prep Time 15 minutes | Cook Time 45 minutes | Serves 4

4 tablespoons vegetable oil
1 brown onion, peeled and chopped
3 cloves garlic, crushed
1 thumb sized piece of fresh ginger (or ½ teaspoon ground ginger)
1 teaspoon garam masala
1 teaspoon dried turmeric
400g dried red lentils
400ml coconut milk
600ml vegetable stock (bouillon powder is great for this)
100g baby spinach (optional)
Sea salt and freshly ground black pepper
The juice of a lemon
4 Clarence Court hen eggs
1 fresh red chilli, finely sliced
A bunch of fresh curry leaves
1 teaspoon mustard seeds

Start by making the dahl. Place a large, lidded casserole dish or saucepan on a medium heat. When up to temperature, add 1 tablespoon of vegetable oil and the onion, and sauté for 5 minutes. Then add the garlic, ginger, garam masala and turmeric. Sauté for a further 2 minutes. Add the lentils, coconut milk and stock, bring to the boil, and simmer with the lid ajar for around 20 minutes or until the lentils are soft.

Once the lentils are cooked, stir in the spinach (if using) to wilt, and turn off the heat. Season the dahl and add lemon juice to taste.

Place a large frying pan on a medium heat. Add the remaining oil. Fry the eggs two at a time, scatter half of the sliced chilli, curry leaves and mustard seeds around the eggs letting them pop and sizzle as they heat up, spooning them over the fried eggs. Divide the dahl into bowls and serve topped with a perfectly fried spicy egg.



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