

Red lentil and pumpkin dahl

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This red lentil and pumpkin dahl is so simple to make and perfect for the whole family, even babies.

Emily Dupuche, author of [Food Babies Love](#), has a firm belief that babies don't like bland food, yet all too often that is what they are offered. Plain steamed proteins and veg, miserable grey pre-packaged varieties that are heat treated to make them shelf stable...none of it sounds very appetising, does it?

Serving boring or processed options will lead to your child developing a taste preference for these types of food. So if you are finding yourself stuck in a menu rut then give this tasty red lentil dahl a try. Suitable for all the family, you will find it easy to make and a great change from meat and three veg.

For adults, I like to serve it with chilli flakes and fresh pan-fried roti breads (available in your supermarket freezer) and a squeeze of lemon juice. It's great served with warm roti breads, which are readily available from most supermarkets.

Age: 2nd month of eating and over.

Suitable for freezing

Prep time: 5 mins

Cooking time: 30 mins

Red lentil and pumpkin dahl

Ingredients (makes: 2 cups)

- $\frac{3}{4}$ cup mashed, roasted [pumpkin](#) (roast diced pumpkin as normal, approx. 30 mins)
- 2 tbsp olive oil
- 10g butter
- $\frac{1}{2}$ small onion finely diced ($\frac{1}{2}$ cup)
- 1 clove minced garlic
- $\frac{1}{4}$ tsp ground coriander
- $\frac{1}{4}$ tsp ground cumin
- $\frac{1}{2}$ cup red [lentils](#)
- $1\frac{1}{2}$ cups salt-reduced chicken or vegie stock
- 1 tbsp fresh coriander to serve
- Natural yoghurt to serve

Method

Heat saucepan over medium heat. Add oil and butter and sauté onion for five minutes. Add garlic for a further minute. Add ground spices and stir until fragrant, approx 30 seconds. Add lentils and stock, simmer covered for 20 minutes, stirring occasionally, until soft and mushie. Add chopped coriander.

Mash $\frac{3}{4}$ -cup roasted pumpkin pieces with a fork and stir into cooked lentils until well combined.

Puree if required or leave as is. Serve warm with a dollop of natural yogurt stirred through and some fresh coriander leaves to garnish.

This dish will take you a long way – just adjust the spice levels as your baby grows.

Recipe from Emily Dupuche, author of *Food Babies Love*.

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