











Lunch Recipes

Dhal Omelette with Cucumber and Spinach Ingredients (Serves 1)

**One
Life
Suffolk**

-  2 tbsp dhal
-  2 eggs
-  ½ chopped onion
-  ½ - 1 chopped green chili
-  1 tsp vegetable oil
-  ¼ tsp turmeric powder (for seasoning)
-  chili powder (for seasoning)
-  1 handful diced cucumber
-  1 handful spinach
-  half an Indian flat-bread (to serve)



Method

1. Add the dhal to a frying-pan, along with a splash of water and boil until softened so that it can be mashed with a fork. Remove the dhal from the pan and leave to stand in a bowl.
2. Heat the oil in the frying-pan and fry the onion and chili for approx. 5 minutes.
3. To the dhal, add the eggs, turmeric powder and a sprinkle of chili powder (optional amount) and mix the ingredients using a fork.
4. Add the mixture to the onions and fry on a medium heat for approx. 5 minutes on each side, or until golden and crispy.
5. Fold in half and top with the spinach and cucumber to serve.

Nutritional Information

[Approx. Per Serving]

Calories: 400Kcal
Carbohydrate: 42g
Fat: 24g
Protein: 20g

Cost:

[Approx.]
Total Ingredients: £8.00
Per Serving: £1.50