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Recipe of The Month March 2015

It looks like spring is springing doesn't it? I love this time of year; the lovely flowers popping up, the promise of longer days, a little bit of warmth on your back... Perfect!

I've got a really yummy dhal recipe here for you. It's got two servings of veg in it, its full of protein so will keep you feeling full all afternoon, and its pretty quick to make.

You could even make a few portions to keep you going all week if you need to plan ahead!



What I'm Cooking: Tomato Dhal

Serves: 2

Prep: 5 mins

Cook: about 30 mins

Ingredients

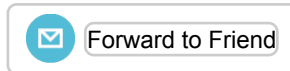
- 200g red split lentils
- 2 tsp turmeric
- 1 tsp cumin seeds
- 1 small onion, finely chopped
- 2 cloves garlic, finely sliced
- 10+ cherry tomatoes, halved

Method

1. Start by covering your lentils with some water and bringing them to the boil, you want to cover them 'and a bit' (you can always add more water as they cook if you need to)
2. Add the turmeric and allow the lentils to simmer gently for about 15 minutes
3. Cut up your onion, garlic and tomatoes and add them to the pan for another 10 minutes until the lentils are cooked
4. Serve and enjoy!

Until next time, enjoy staying healthy!

Best wishes,

A handwritten signature in red ink that reads "Heather". The signature is written in a cursive style and is positioned above a red flourish that extends to the left and then curves back towards the center.

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