

aliveⁿkicking

PLANT-BASED DIET IS A WAY OF EATING THAT CELEBRATES PLANT FOODS AND CUTS OUT UNHEALTHY ITEMS LIKE ADDED SUGARS AND REFINED GRAINS. STUDIES SUGGEST THAT PLANT-BASED DIETS HAVE BEEN LINKED TO NUMBER OF HEALTH BENEFITS, INCLUDING REDUCING YOUR RISK OF HEART DISEASE, CERTAIN CANCERS, OBESITY, DIABETES AND COGNITIVE DECLINE. ADDITIONALLY, EATING MORE VEGETABLES, FRUITS, GRAINS, AND PULSES MAXIMIZES NUTRIENT INTAKE AND VIRTUALLY ELIMINATES FOODS THAT CAN LEAD TO POOR HEALTH OUTCOMES.



**HERE IS A DELICIOUS AND QUICK PLANT-BASED
RECIPE IDEA THAT YOU MAY FIND USEFUL.**

Lentil & Tomato Dal

INGREDIENTS

**1 TBSP OLIVE OIL
1 MEDIUM ONION, FINELY CHOPPED
1 CLOVE GARLIC, CRUSHED
1 INCH PIECE GINGER, PEELED AND GRATED
1 LARGE CARROT, PEELED AND DICED INTO SMALL PIECES
1 LARGE POTATO, PEELED AND DICED INTO SMALL PIECES
1 TSP GROUND CUMIN
100G RED LENTILS, RINSED
600ML LOW SODIUM VEGETABLE STOCK
400ML PASSATA
1 X 210G CAN CHICKPEAS, DRAINED AND RINSED
1 TBSP LEMON JUICE
PINCH OF GROUND BLACK PEPPER
1 WHOLEMEAL ROTI**



HEAT THE OIL IN A LARGE SAUCEPAN. ADD THE ONION, GARLIC AND GINGER AND FRY GENTLY FOR 5 MINUTES.

ADD THE CARROT, POTATO, CUMIN, LENTILS, STOCK AND PASSATA TO THE PAN. BRING TO THE BOIL THEN TURN HEAT DOWN TO A SIMMER.

COVER THE PAN AND COOK FOR 20 MINUTES, STIRRING OCCASIONALLY.

ADD THE CHICKPEAS, AND MORE WATER IF NEEDED, AND COOK FOR A FURTHER 20 MINUTES, CONTINUING TO STIR FROM TIME TO TIME.

LADLE THE DAL INTO BOWLS AND TOP WITH A SQUEEZE OF LEMON JUICE AND A LITTLE BLACK PEPPER.

SERVE WITH WHOLEMEAL ROTI.

ARE ALL PLANT-BASED DIETS HEALTHY?

IMPORTANTLY, WE SHOULD BEAR IN MIND THAT EXCLUSION OF ANIMAL PRODUCTS PER SE DOES NOT NECESSARILY EQUATE TO A HEALTHY DIET. POOR CHOICES, WITH A LARGE INCLUSION OF FOODS HIGH IN SATURATED FAT, SALT AND FREE SUGARS (FOR EXAMPLE SAVOURY SNACKS, DEEP FRIED FOODS, CAKES, BISCUITS, CONFECTIONARY AND SWEET SPREADS) CAN BE MADE WITHIN ANY DIETARY PATTERN. IN ADDITION, VERY RESTRICTIVE PLANT-BASED DIETS CAN LACK BALANCE AND VARIETY.



FOR IDEAS TO HELP YOU CONSUME A DIET THAT'S MORE IN LINE WITH THE EATWELL GUIDE
TAKE A LOOK AT OUR FACEBOOK PAGE [HTTPS://WWW.FACEBOOK.COM/EHHACKNEY/](https://www.facebook.com/EHHACKNEY/)

ALIVE 'N' KICKING TEAM - HACKNEY