



Recipe Supplied by Dilwar S - Wearhouse & Parts Delivery - April 2024

Dal Ingredients:

- 1/2 cup yellow moong dal (yellow lentils)
- 1/2 cup red masoor dal (red lentils)
- 4 cups of water
- 1/2 teaspoon turmeric powder
- 1 teaspoon salt (or to taste)
- 1/2 tablespoon oil

For Tadka (Tempering):

- 2 tablespoons ghee (clarified butter) or oil
- 1 teaspoon cumin seeds
- 1/2 teaspoon garlic, minced
- 1/2 teaspoon ginger, grated
- 1 green chilli, chopped (adjust to taste)
- 1 onion, finely chopped
- 1 tomato, chopped
- ¼ teaspoon black pepper
- ¼ teaspoon coriander powder
- A handful of chopped coriander leaves (cilantro) for garnish

Boil Dal (Lentils)

Rinse the dals then put in a pot, add water, turmeric powder, salt and oil. And cook on high for 10 to 15 minutes (until it gets soft).

Make the Tadka

In a frying pan and put 2 tablespoons of ghee or cooking oil and warm it up.

Add cumin seeds and allow them to cook and get fragrant.

Add chopped ginger, garlic, and green chilli, turn pan to medium heat and sauté for 2-3 minutes.

Add chopped onions, continue to sauté on medium heat until golden brown.

Add chopped tomatoes, cook until the tomatoes are soft and the oil start to separate (about 4 minutes)

Add 1/4 teaspoon of ground black pepper and coriander powder, cook for 30 seconds, mixing the Tadka well!

The Tadka is ready, and we can add it to the boiled Dal, and add the chopped cilantro.

Finally, the Dal is ready to serve with naan, roti, or boiled white rice.

Serve and enjoy!

