

Dal (Red Lentil)

This recipe is for a healthy and simple dal. It is cooked in a very traditional Indian way and is very easy to make. It tastes delicious on its own as a soup or can be enjoyed with rice or [naan](#).



300 gms red split lentils
2 tsp salt
 $\frac{1}{2}$ tsp turmeric powder
1.2 litres water
1 tbsp vegetable oil
1 tsp cumin seeds
1 onion – finely chopped
2 garlic cloves – finely chopped
1 tomato – finely chopped
 $\frac{1}{2}$ tsp chilli powder
Handful of finely chopped fresh coriander leaves

Place the lentils, salt, turmeric powder and water in a pan. Cook it on high heat and bring it to a boil. Reduce the heat, cover the pan and simmer for 10-15 minutes until the lentils are cooked.

Heat the oil in a shallow pan. Add the cumin seeds and when they start to change colour add the onion. Cook till lightly golden in colour, add the garlic and cook for further 2 minutes. Add the tomatoes to this and mix well. Cook for 2 to 3 minutes until the tomatoes begin to soften. Now add the chilli powder and coriander leaves. Mix well and serve hot.

Serve with some rice and yogurt or as a soup with some bread.