

# Garlic Chana Dal

Packed with aromatic garlic and protein-rich lentils, this vegan delight is a symphony of flavours and nutrition in every bite.

Serves 4 people.

## Ingredients

400g chana dal (split chickpeas)

1 tsp turmeric powder

1½ tsp salt

8 garlic cloves, thinly sliced

ghee/oil of choice

large handful fresh coriander, roughly chopped

1 tsp cumin seeds

1 tsp chilli powder

## Method

– Give the dal a rinse. Place them in a pan with 1500ml of water, turmeric powder, and salt. Bring it to a boil and then cook for 1 hour.

– Add 3 tbsp of ghee/oil to hot a pan. Add the cumin seeds and garlic. Cook for 3 minutes or until golden.

– Add the chilli powder and coriander. Stir through and then add the dal. Cook for 2 minutes.

I like to serve mine with onion and pea pulao. Time to tuck in!