

Mum's Tadka Dal



Discover the ultimate Indian Style Tadka Dal recipe made by

MUM! This aromatic and flavourful dish will elevate your meals to a whole new level. Perfect for any occasion!.

Serves 4 people.

Ingredients

ghee/oil of choice

400g tur dal, washed and drained

salt

turmeric powder

1 brown onion, roughly chopped

1 tsp cumin seeds

small handful of fresh curry leaves

2-3 garlic cloves, roughly chopped

1 large tomato, roughly chopped

large handful fresh coriander, roughly chopped

$\frac{1}{2}$ tsp chilli powder

Method

– Add the tur dal to a pan or pressure cooker and cover in 800ml water. Add 1 tsp salt and 1 tsp turmeric powder. Cover and cook for 10-12 minutes in the pressure cooker, or 30 minutes in a regular pan. Once cooked, allow it to sit for 10 minutes.

– Add 2-3 tbsp of ghee to a hot pan. Add the cumin seeds, fresh curry leaves, garlic, and onion. Cook for 6-8 minutes until softened and lightly golden.

– Add the chopped tomato, stir through, and cook for 5 minutes.

– Add the chilli powder and half the fresh coriander. Stir through.

– Add 200ml of boiling water to the dal. Transfer to a large serving bowl.

– Top the dal with the cooked onion and spices, and garnish with fresh coriander.

Serve with piping hot basmati rice and some natural yoghurt.