

Tadka Daal Fry

This delicious and simple recipe of tadka dal is super healthy and quick to make. Try it with oil or butter if you don't have ghee. Eat it with rice or chapati or on its own. You will love this recipe so do give it a go!

Serves 4 people.

Ingredients

300g toor dal

1 tsp salt

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

1 tbsp ghee/oil of choice

1 tsp cumin seeds

1" fresh ginger, finely chopped

1 garlic clove, finely chopped

1 green chilli, finely chopped

1 brown onion, finely chopped

1 tomato, finely chopped

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

handful fresh coriander, finely chopped

Method

– Place the dal, salt, and turmeric powder in a pan. Cover in 900ml water and mix well. Cover and cook for 20-25 minutes. Add more water if necessary.

– Place the ghee and cumin seeds in a small, hot pan. Cook until the seeds start to sizzle.

– Add the ginger, garlic, and green chilli. Cook for 1 minute.

– Add the onion and cook for 5 minutes.

– Add the tomato and cook for 2-3 minutes

– Add the chilli powder and coriander, and mix well.

– Transfer the lentils to a serving bowl and top with the onion mixture.

Enjoy with some piping hot basmati rice or on its own!