

Dal Tadka

Indian · Side Dish · Easy · 40 min total · Serves 6

Comforting yellow lentils tempered with ghee, cumin, garlic, and dried red chilies.

Ingredients

- 1 cup yellow lentils (toor dal)
- 3 cups water
- 0.5 tsp turmeric
- 2 tbsp ghee
- 1 tsp cumin seeds
- 3 cloves garlic (sliced)
- 2 dried red chilies
- 1 small onion (finely diced)
- 1 medium tomato (chopped)
- 2 tbsp cilantro (chopped)

Method

1. Cook lentils with water and turmeric until very soft, about 25 min. Mash slightly.
2. Heat ghee for tadka. Add cumin seeds, let sizzle. Add garlic and chilies until garlic is golden.
3. Add onion, cook until soft. Add tomato, cook 3 min.
4. Pour hot tadka over the cooked dal. Stir and simmer 3 min.
5. Garnish with cilantro. Serve with rice or roti.

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