

## DAL/LENTIL



### Ingredients

- Olive oil for frying
- Toor dhal/lentil
- 1 onion, sliced
- 3 garlic cloves, sliced
- 1 inch ginger, sliced
- ½ teaspoon cumin
- ½ teaspoon turmeric powder
- ½ teaspoon chilli powder
- Salt and pepper, bit of vegetable stock
- 1 Green chilli (fresh)
- 2 cups water
- Carrot/potatoes/tomato (optional)
- curry leaves (1 stalk)
- ½ teaspoon mustard seeds (black)

### Method

Heat up oil and saute the half the onions, and all of the garlic and ginger.

When onions brown, add the toor dhal, cumin, chilli (fresh & powder) and turmeric then stir to combine for 1-2 minutes.

Add the 2 cups water and bring to boil on a medium heat.

Keep stirring until mixture becomes thick but not too thick. Usually takes 20-30 minutes.

On another stove, sauté the rest of the onions, curry leaves and mustard seeds. Once brown, turn off the heat and then add the dhal mixture and stir well. Keep lid closed and rest.