

Tarka Dal Recipe

Spice:	Difficulty:	Total:	Prep:	Cook:
Mild	Serves Easy	35	5	30
2-4		mins	mins	mins

A delicious comfort food that's cheap, healthy and vegan. Tarka dal can be enjoyed equally as a main dish or side.

Ingredients

1 cup (160g) **red split lentils**

1 medium (100g) **onion** peeled and finely sliced

¼ teaspoon **turmeric powder**

1 teaspoon (7g) **salt**

1 teaspoon (20g) **garlic & ginger paste**

1 **cassia leaf** (optional)

1 chef's spoon (40ml) **vegetable oil**

3 cloves **garlic** peeled, crushed and chopped

¼ small (25g) **onion** peeled and finely sliced

handful of **fresh coriander**

Instructions

- 1 Wash lentils in cold water until the water runs clear
- 2 Place lentils in saucepan and add 500ml water
- 3 Add onion, salt, turmeric powder, garlic & ginger paste and cassia leaf and cook for 20 mins on a medium heat stirring frequently until the lentils soften and break up completely
- 4 Add 100ml water to loosen up the dal and bring to a boil
- 5 **To make the Tarka**
Heat the pan on a medium high heat and add the vegetable oil
- 6 Add the chopped garlic and onions, fry until they turn golden brown
- 7 Add the hot tarka to the hot dal
- 8 Stir and simmer for 2 mins
- 9 Add handful of coriander

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