

Spiced Lentil Daal


30 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- ☐ 1/2 cup red lentils
- ☐ 1 cup water
- ☐ 1/2 onion, finely chopped
- ☐ 2 garlic cloves, minced
- ☐ 1 tsp ginger, grated
- ☐ 1 tomato, diced
- ☐ 1/2 tsp cumin seeds
- ☐ 1/2 tsp turmeric powder
- ☐ 1/2 tsp coriander powder
- ☐ 1/2 tsp garam masala
- ☐ Salt to taste
- ☐ Fresh cilantro for garnish
- ☐ 1 tbsp oil

A comforting and flavorful daal recipe infused with aromatic spices.

Steps

- 1 Rinse the red lentils thoroughly.
- 2 In a pot, heat oil and add cumin seeds. Let them splutter.
- 3 Add onions, garlic, and ginger. Saute until onions are translucent.
- 4 Stir in tomatoes and cook until they soften.
- 5 Add turmeric, coriander powder, garam masala, and salt. Mix well.
- 6 Add the rinsed lentils and water. Bring to a boil, then simmer until lentils are cooked through.
- 7 Adjust consistency by adding more water if needed.
- 8 Garnish with fresh cilantro and serve hot.