



Dal Tadka*

Serving: 1

Veg

Ingredients

- -50gms Red Split Lentils
- -3 tsp Ghee
- - $\frac{1}{2}$ tsp Turmeric/Haldi powder
- - $\frac{1}{2}$ tsp Red Chilly powder (optional)
- - $\frac{1}{2}$ tsp Cumin seeds whole
- - $\frac{1}{2}$ small Clove of Garlic chopped
- -Pink Salt and Table Salt according to taste
- -Handful Spinach finely chopped

Preparation Method

- -Measure the dal and wash it thoroughly with clean water. Keep it aside.
- -In a pressure cooker put the ghee and heat on medium heat. -
- -Drop the cumin and garlic in the ghee and let it crackle
- -Now add the turmeric or haldi powder, red chilly powder and saute on low heat for a minutes only.
- -Add the washed dal and Palak chopped and stir for a minute.
- -Now add one and a half glasses of water and close the cooker.
- -If you are using a thick bottomed covered pan, then double the water and cool on low heat for about 20 mins.
- -Close the cooker and after one whistle lower the heat and let the dal simmer for about five to seven minutes.
- -Once all the steam is released open the cooker, stir the dal gently.
- -Serve yourself in a bowl and garnish with chopped coriander, before devouring it all up.