



Dal Palak (HV) (OP I)

Serving: 1

Veg

Ingredients

- Serves 1
- -3 tbsp chana dal / moong dal
- -1 cup finely chopped palak
- -3 tbsp finely chopped tomato
- - $\frac{1}{2}$ tsp oil
- -1 green chilli, finely chopped
- -1 tsp ginger-garlic paste
- - $\frac{1}{4}$ of turmeric powder
- -A pinch of asafetida (hing)
- - $\frac{1}{2}$ tsp cumin seeds
- -Salt to taste
- - $\frac{1}{4}$ tsp Lemon juice

Preparation Method

- 1. Cook moong dal/ chana dal with half the turmeric powder and asafoetida till soft. Heat oil in a pan.
- 2. Add cumin seeds, garlic, ginger, green chillies and sauté for one minute. Add onion and continue to sauté till onion gets lightly browned.
- 3. Add tomatoes and spinach and sauté for half a minute. Add the remaining turmeric powder and stir. Add dal and mix well.
- 4. Add one cup water and salt and stir. Add lemon juice, mix and serve hot.