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RECIPE!

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Spinach Lentil Dal

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Author: [Sylvia Fountaine](#) Prep Time: 10 Cook Time: 30

Total Time: 40 minutes Yield: 3-4 Category: vegetarian, main, legumes

Method: Stovetop Cuisine: Indian Diet: Vegetarian

Description

Spinach Lentil Dal- an Indian lentil recipe with a flavorful spinach sauce that is full of flavor and nutrients and that can be made in 30 minutes. Serve with [Basmati Rice](#), and [naan](#) bread!

Ingredients

- 3 tablespoons [ghee](#)
- 1 onion, diced
- 4 cloves garlic, rough chopped
- 2 tablespoons ginger, finely chopped
- 1 medium jalapeno, finely chopped (or 1 serrano)
- 1/2 teaspoon [fennel seeds](#)
- 1 teaspoon [black mustard seeds](#)
- 2 teaspoon [cumin seeds](#)
- 2 teaspoons [garam masala](#)
- 1 lb BABY spinach (fresh or frozen)
- 10 mint leaves
- 1 teaspoon dried [fenugreek leaves](#)
- 2 tablespoons water (if using fresh spinach)
-
- 3/4 cup water
-
- 1/2 cup plain yogurt

3 –4 cups **cooked** [black lentils](#) (or aka [caviar lentils](#), [beluga lentils](#) or French [green lentils](#))
1 teaspoon [salt](#)

Instructions

- 1 If cooking [black lentils](#) and [basmati rice](#), start them first (see notes)
- 2 **Make the Spinach Sauce:** Sauté the onion in [ghee](#), in a large pan, over medium heat for 3-4 minutes, then add garlic, ginger and chilies. Sauté until fragrant and golden. Add the [fennel seeds](#), [mustard seeds](#), [cumin seeds](#) and [garam masala](#) and stir two minutes. Lower heat to low. Add the fresh spinach, mint, fenugreek and water. Cover pan, 2-3 minutes, letting spinach wilt. Give a few stirs.
- 3 **Blend Spinach Sauce:** Place the wilted spinach mixture in a [blender](#) and add the 3/4 cups water. Pulse a few times (hold lid down tight). If you want a smooth sauce, blend until smooth. I left a little texture here. Pour it back into the pan, set on low heat.
- 4 **Combine:** Stir in the yogurt, lentils and [salt](#). Taste. Adjust [salt](#) to your liking, adding more if necessary! You want this slightly salty because you are serving over rice which will mellow it out a lot. For more heat add a pinch of cayenne or chili flakes. To “up” the flavor add a bit more [garam masala](#) spice to taste. If you want a little acidity a tiny squeeze of lemon is nice.
- 5 **Serve** with the [basmati rice](#) and [naan](#) bread!

Notes

- ⁱ SPINACH: If using fresh spinach, be sure to use baby spinach, as mature spinach and their stems can be bitter.
- ⁱ Cook [black lentils](#) according to package or try the pasta cooking method: simply boil 1 1/4 cups dry lentils in 6 cups of salted water until just tender, [strain](#). Size of lentil will determine cooking time. Little [black lentils](#) take 20-30 minutes.

- i Feel free to sub other whole lentils for the [black lentils](#). Feel free to sub other greens for the spinach.
- i Cook [Basmati Rice](#) the same way!
- i Yes, you can sub oil or butter for the [ghee](#)– but in my opinion, the [ghee](#) really elevates and adds so much flavor.
- i

Nutrition Facts			
Serves 4			
Amount Per Serving			
Calories		360	
		% Daily Value*	
Total Fat 9.1g		12%	
Saturated Fat 4.7g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 2.8g		0%	
Cholesterol 19.9mg		7%	
Sodium 694.7mg		30%	
Total Carbohydrate 49.7g		18%	
Dietary Fiber 10g		36%	
Sugars 5.1g			
Protein 22.3g		45%	
Vitamin A	65%	Vitamin C	48%
Calcium	15%	Iron	44%
Vitamin D	0%	Magnesium	32%
Potassium	26%	Zinc	27%

Keywords: lentil dal, black lentil dal, Indian dal recipe, dal with spinach, saag dal, saag dal recipe, spinach dal, lentil dahl



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