**Chicken Dalcha**

Prep time: 20 min Cook time: 30 min

**Ingredients:**

* 150g lean chicken (bone-in preferred for flavor)
* ½ cup toor dal (split pigeon peas), washed and soaked for 30 min
* 1 medium onion, sliced
* 1 tomato, chopped
* 1 tsp ginger-garlic paste
* ½ tsp turmeric, ½ tsp red chili powder
* ½ tsp garam masala
* 1 tsp cold-pressed oil
* Salt, fresh coriander

**Instructions:**

1. Pressure cook the soaked dal with 1½ cups water, turmeric, and a pinch of salt for 2–3 whistles. Mash slightly.
2. In a separate pan, heat oil. Add sliced onions and sauté until golden brown.
3. Add ginger-garlic paste, sauté till raw smell fades.
4. Add chopped tomato, chili powder, and cook until oil separates and masala thickens.
5. Add cleaned chicken pieces and sear for 4–5 min. Stir to coat with masala.
6. Add 1 cup water, cover and simmer on low heat for 15–20 minutes or until chicken is tender.
7. Pour in the cooked dal, mix well, and adjust consistency with water.
8. Simmer for 5–7 minutes. Sprinkle garam masala and chopped coriander before serving.
9. Enjoy with hand-pounded rice or jowar roti.