**Dal Dhansak**

Prep time: 30 min Cook time: 50 min

**Ingredients:**

* **For the Spice Paste:**
  + 4-5 cloves
  + 4-5 garlic cloves
  + 1-inch piece of ginger
  + 1-2 green chilies
  + 5-6 black peppercorns
  + 1 tsp cumin seeds (jeera)
  + 2-3 whole cloves
  + 1 small piece of cinnamon stick (dalchini)
  + 1 tsp coriander seeds (dhaniya)
* **For the Dal:**
  + 1 cup mixed dals (e.g., toor dal, moong dal, masoor dal)
  + 1-2 cups mixed vegetables (e.g., carrots, potatoes, pumpkin)
  + 1/4 cup fenugreek leaves (methi)
  + 1/4 cup mint leaves (pudina)
  + 1/2 of a large onion, sliced
  + 1 green chili, sliced
  + 1/2 tsp turmeric powder (haldi)
  + Low sodium salt – to taste
  + 3 cups water
* **For the Tempering:**
  + 2 tbsp oil
  + 1/2 of a large onion, sliced
  + 2 tomatoes, chopped
  + 1 tbsp lemon juice
  + Chopped coriander leaves – for garnish

**Instructions:**

**Prepare the Spice Paste**

1. In a blender, grind together the cloves, garlic, ginger, green chili, black peppercorns, cumin seeds, whole cloves, cinnamon, and coriander seeds, adding very little water to make a smooth paste.
2. Set aside.

**Cook the Dal and Vegetables**

1. In a pressure cooker, combine the mixed dals, chopped vegetables, fenugreek leaves, mint leaves, half of the sliced onion, green chili, turmeric powder, salt, and 3 cups of water.
2. Cover the pressure cooker and cook for 2 whistles. Then, reduce the heat to low and simmer for an additional 3 to 4 minutes.
3. Turn off the heat and allow the pressure to release naturally.
4. Once released, open the lid and mash all the ingredients using a potato masher until the dals and vegetables have a smooth texture.

**Prepare the Tempering**

1. In a heavy-bottomed pan, heat the oil over medium heat.
2. Add the remaining half of the sliced onion and sauté until it turns translucent.
3. Add the chopped tomatoes and cook until they soften.
4. Stir in the prepared spice paste and cook for 4 to 5 minutes, allowing the flavors to meld.

**Combine and Simmer**

1. Pour the mashed dal and vegetable mixture into the pan with the tempering. Stir well to combine.
2. Simmer on low heat for about 15 to 20 minutes, allowing the flavors to develop.

**Finish and Serve**

1. Remove from heat and add lemon juice and chopped coriander leaves. Stir well.
2. Serve hot with rice, roti, or sourdough bread.