**Dal Fry**

Prep time: 30 min Cook time: 20 min

**Ingredients:**

* 1 cup dal (e.g., toor dal or moong dal)
* 3 cups water (for cooking dal)
* 2 tbsp oil (or ghee)
* 1 tsp cumin seeds (jeera)
* 1 tsp mustard seeds
* 1-2 dry red chilies
* A pinch of asafoetida (hing)
* 1 medium onion, finely chopped
* 1-2 green chilies, slit
* 1-inch piece of ginger, minced
* 4-5 garlic cloves, minced
* 1 large tomato, chopped
* Low sodium salt – to taste
* 1/2 tsp turmeric powder (haldi)
* 1 tsp red chili powder
* 1 tsp garam masala
* Chopped coriander leaves – for garnish

**Instructions:**

**Cook the Dal:**

1. In a pressure cooker, add the dal and water. Cook for 3 whistles on medium heat.
2. Once the pressure releases, open the lid and mash the dal to your desired consistency. Set aside.

**Prepare the Tempering:**

1. In a pan, heat oil (or ghee) over medium heat. Add cumin seeds, mustard seeds, and dry red chilies. Let them splutter.
2. Add asafoetida (hing) and sauté for a few seconds.

**Sauté Onions and Spices:**

1. Now, add the chopped onions and slit green chilies. Sauté until the onions turn golden brown.
2. Add the minced ginger and garlic, and sauté for another minute.
3. Then, add the chopped tomato and salt. Cook until the tomatoes soften.

**Add Spices and Dal:**

1. Stir in the turmeric powder, red chili powder, and garam masala. Sauté for 2 minutes.
2. Add the mashed dal to the pan and mix well.

**Simmer:**

1. Stir to combine and let it simmer for 4-5 minutes, allowing the flavors to meld.

**Garnish and Serve:**

1. Remove from heat and garnish with chopped coriander leaves.
2. Serve hot with rice or roti.