**Dal Palak**

Prep time: 30 min Cook time: 20 min

**Ingredients:**

* ½ cup dal (toor dal, moong dal, or a mix)
* 1.5 cups water
* ½ tsp turmeric powder (haldi)
* 1 tsp oil (or ghee for a richer taste)
* ½ tsp cumin seeds (jeera)
* 1-inch ginger, finely chopped or grated
* 1 green chili, chopped (adjust as per spice preference)
* 2 cups finely chopped spinach (palak)
* ¼ tsp red chili powder
* ¼ tsp asafoetida (hing)
* Low sodium salt, to taste
* ½ cup water (adjust for desired consistency)

**Instructions:**

**Pressure Cook the Dal:**

1. Add rinsed dal, turmeric, and 1.5 cups of water to a pressure cooker.
2. Cook on medium heat for 4-5 whistles (moong dal cooks faster) or until the dal is soft and mushy.
3. Let the pressure release naturally, then mash the dal lightly and set aside.

**Prepare the Spinach Masala:**

1. Heat oil in a pan. Add cumin seeds, let them splutter.
2. Add ginger and green chili, sauté for a few seconds.
3. Add finely chopped spinach and sauté for 3-4 minutes until softened.

**Combine & Simmer:**

1. Add red chili powder and hing, stir for 30 seconds.
2. Mix in the mashed dal and salt.
3. Add ½ cup water to adjust consistency, then simmer for 5-6 minutes on low heat.
4. Turn off the heat and let it rest for a minute.
5. Serve hot with rice or roti.