**Dal Tadka**

Prep time: 30 min Cook time: 15 min

**Ingredients:**

* 1 cup toor dal or masoor dal (rinsed and soaked for 30 minutes)
* 1 green chili, chopped
* ½ cup onions, finely chopped
* 1 cup tomatoes, finely chopped
* 1 tsp ginger, finely chopped
* ½ tsp turmeric powder (haldi)
* ½ tsp garam masala
* 2.5 cups water (adjust as needed)
* 2 tbsp coriander leaves, chopped
* Low sodium salt, as required

**For the Tadka (Tempering):**

* 1½ tbsp oil
* 1 tsp cumin seeds (jeera)
* 5 garlic cloves, finely chopped
* 1 dry red chili, broken (seeds removed for milder heat)
* ½ tsp red chili powder
* 1 pinch asafoetida (hing) – optional
* 1 tsp crushed kasuri methi (dry fenugreek leaves) – optional

**Instructions:**

**Cook the Dal:**

1. In a pot or pressure cooker, add dal, onions, tomatoes, green chili, and ginger.
2. Pour 2.5 cups of water, add turmeric powder (haldi) and asafoetida (if using). Mix well.
3. Cook on a medium flame for 15-20 minutes (or 4-5 whistles in a pressure cooker) until the dal is soft and mushy.

**Mash & Simmer:**

1. Mash the dal lightly using a spoon.
2. If the consistency is too thick, add a little water to reach a medium consistency.
3. Simmer for 3-4 minutes on low heat.

**Prepare the Tadka:**

1. Heat 1½ tbsp oil in a small pan.
2. Add cumin seeds, let them splutter.
3. Add chopped garlic and saute until golden brown.
4. Stir in dry red chili, red chili powder, and kasuri methi. Saute for 10-15 seconds.
5. Pour the tadka over the dal, mix well.
6. Add garam masala, salt, and chopped coriander leaves.
7. Let it rest for 5-10 minutes for flavors to meld.
8. Serve hot with rice, roti, or quinoa for a healthy meal.