**Moong Dal Tadka**

Prep time: 10 min Cook time: 25 min

**Ingredients:**

* 1 cup moong dal (split yellow moong), rinsed and soaked
* 3 cups water
* 1 tomato, chopped
* ½ teaspoon haldi (turmeric) powder
* ¼ teaspoon red chili powder
* 1 teaspoon low sodium salt (or to taste)
* 1 tablespoon oil
* ½ teaspoon jeera (cumin seeds)
* ½ teaspoon mustard seeds
* A pinch of hing (asafoetida) (optional)
* 5 garlic cloves, sliced
* 1 dried red chili
* 6-7 curry leaves
* 1 teaspoon lemon juice
* 1 tablespoon coriander leaves, chopped

**Instructions:**

1. In a pressure cooker, add the soaked moong dal, water, chopped tomato, haldi, red chili powder, and salt. Stir to combine.
2. Close the lid and cook for 2 to 3 whistles on high heat. Let the pressure release naturally.
3. Once the pressure is released, open the lid and stir the dal. Adjust the consistency by adding more water if needed.
4. In a small pan, heat the oil over medium heat. Add jeera, mustard seeds, and hing, and stir until they splutter.
5. Add the sliced garlic and dried red chili to the pan. Sauté for 2 to 3 minutes until the garlic turns light brown.
6. Add the curry leaves to the pan and stir for a few seconds until fragrant.
7. Pour the tadka over the cooked dal and mix well.
8. Finish by adding lemon juice and chopped coriander leaves. Mix gently.
9. Serve hot with rice or roti.