**Paruppu Kadaiyal**

Prep time: 10 min Cook time: 30 min

**Ingredients:**

* 1 cup toor dal (split pigeon peas)
* 2-3 green chilies (adjust to taste)
* 1 small onion, chopped
* 1 medium tomato, chopped
* 1 teaspoon mustard seeds
* 1 teaspoon cumin seeds
* 1/4 teaspoon turmeric powder
* 1 tablespoon oil or ghee
* Low sodium salt, to taste
* 2-3 cups water (for cooking the dal)
* Fresh coriander leaves, chopped (for garnish)

**Instructions:**

**Prepare the Toor Dal:**

1. Rinse the toor dal under running water until the water runs clear.
2. Soak the dal for about 15-20 minutes (optional, but helps in faster cooking).

**Cook the Dal:**

1. In a pressure cooker, add the soaked dal along with 2-3 cups of water, turmeric powder, and salt.
2. Pressure cook for about 3-4 whistles or until the dal is soft and cooked through. If using a regular pot, it may take about 20-25 minutes.

**Make the Tempering:**

1. In a separate pan, heat the oil or ghee over medium heat.
2. Add the mustard seeds and cumin seeds. Once they crackle, add the chopped onions and green chilies.
3. Sauté until the onions turn translucent.
4. Add the chopped tomatoes and cook until they become soft and mushy.

**Combine and Mash:**

1. Once the dal is cooked, mash it slightly with a fork or a masher.
2. Add the mashed dal to the pan with the tempering and mix well. Adjust the consistency by adding water if needed.
3. Cook on low heat for about 5-10 minutes to allow the flavors to meld. Taste and adjust the salt if necessary.

**Garnish and Serve:**

1. Garnish with freshly chopped coriander leaves.
2. Serve hot with steamed rice, roti, or as a side dish with your favorite curry.