**Uppu Paruppu**

Prep time: 10 min Cook time: 25 min

**Ingredients:**

* ½ cup toor dal (pigeon pea lentils)
* 1 ½ cups water
* ¼ tsp turmeric powder
* ½ tsp low sodium salt (or as needed)
* 1 tbsp ghee (or oil for a vegan version)
* ½ tsp mustard seeds
* ½ tsp cumin seeds
* 1 dried red chili (broken into pieces)
* 5-6 curry leaves
* A pinch of hing (asafoetida)
* 1 green chili, slit (optional)
* 1 small tomato, chopped (optional)
* 2 tbsp coriander leaves, chopped (for garnish)

**Instructions:**

**Cook the Dal:**

1. Rinse the toor dal 2-3 times until the water runs clear.
2. In a pressure cooker, add the dal, turmeric, and water. Pressure cook for 3-4 whistles until soft and mushy.
3. If using an Instant Pot, cook on high pressure for 8 minutes and allow a natural pressure release.
4. Once done, mash the dal using a ladle or whisk for a smooth consistency.

**Prepare the Tempering:**

1. Heat ghee in a small pan.
2. Add mustard seeds and let them splutter.
3. Add cumin seeds, red chili, curry leaves, green chili, and hing.
4. Sauté for a few seconds.
5. (Optional) Add chopped tomatoes and sauté until soft.

**Combine & Serve:**

1. Pour the tempering over the mashed dal and mix well.
2. Add salt and stir. If needed, adjust the consistency by adding a little warm water.
3. Garnish with fresh coriander leaves.
4. Serve hot with steamed rice and a drizzle of ghee.

Serve with poriyal (stir-fried veggies) for a complete meal.