Dinner, Indian

Golden Green Garlic Toovar Dal

Soft, whisked toovar dal is gently simmered with onion, tomato and plenty of fresh green garlic, then finished with a warm ghee tempering. A scatter of coriander on top makes this mild, homely dal especially comforting.

40 min	124	19.9 g	1.5 g
time	calories	carbs	sugars



Nut free | Freezer safe

Ingredients, 4 servings

- [ ] 1/2 cup finely chopped green garlic (hara lehsun)
- [ ] 3/4 cup toovar (arhar) dal
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] salt (namak) to taste
- [ ] 1 tsp ghee
- [ ] 1/2 tsp cumin seeds (jeera)
- [ ] 2 whole dry Kashmiri red chilli , broken into pieces
- [ ] 1 tsp ginger-green chilli paste
- [ ] a pinch asafoetida (hing)
- [ ] 1/2 cup finely chopped onion
- [ ] 1/4 cup finely chopped tomato
- [ ] 2 tbsp finely chopped coriander (dhania)

Method

- [ ] **1** Begin by cleaning and washing the toovar (arhar) dal, then leave it to soak in enough water in a big bowl for 15 minutes. Drain off all the water and reserve the dal.
- [ ] **2** Tip the soaked dal into a pressure cooker along with the haldi powder (turmeric powder), salt (namak) and 3 cups of water, stir everything together, and cook under pressure for 3 whistles or until the dal turns soft.
- [ ] **3** Let all the steam release fully before you open the cooker lid.
- [ ] **4** Give the cooked dal a gentle whisk and set it aside for now.
- [ ] **5** Warm the ghee in a deep non-stick pan and toss in the cumin seeds (jeera).
- [ ] **6** Once the seeds start to crackle, stir in the whole dry Kashmiri red chilli broken into pieces, the ginger-green chilli paste and the asafoetida (hing), letting them sizzle over a medium flame for 30 seconds.
- [ ] **7** Next go in the onion and the green garlic (hara lehsun), which need around 2 to 3 minutes of sauteing over a medium flame.
- [ ] **8** Stir in the tomato, give everything a good mix, and let it cook over a medium flame for 1 minute, stirring nonstop so nothing sticks.
- [ ] **9** Pour in the whisked dal, adjust with a little more salt (namak), combine well and simmer over a medium flame for 1 to 2 minutes with only an occasional stir.
- [ ] **10** Scatter the coriander (dhania) over the top and serve the dal piping hot.

Nutrition Facts

Per serving

Calories	124
Total fat	1.8 g
Saturated fat	Not listed
Sodium	11 mg
Total carbs	19.9 g
Fiber	3.1 g
Total sugars	1.5 g
Protein	7.1 g

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