Snack, Indian

Tangy Lentil and Vegetable Sambar

A tangy, gently spiced South Indian stew of soft lentils, pumpkin, drumsticks and other vegetables, brightened with a freshly roasted spice blend and a mustard seed tempering. It makes a comforting partner for idli, dosa or a bowl of steamed rice.



35 min	122	18 g	5.6 g
time	calories	carbs	sugars

Low fat

Ingredients, 5 servings

- [ ] 1/4 cup chopped dry Kashmiri red chillies
- [ ] 1/2 tsp chana dal (split Bengal gram)
- [ ] 1/2 tsp cumin seeds (jeera)
- [ ] 1/2 tsp fenugreek (methi) seeds
- [ ] 1/2 tsp black peppercorns (kalimirch)
- [ ] 2 tbsp coriander (dhania) seeds
- [ ] 1/2 cup toovar (arhar) dal , washed and drained
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 1 cup red pumpkin (bhopla / kaddu) cubes
- [ ] 1/2 cup potato cubes
- [ ] 1/2 cup tomato cubes
- [ ] 1/2 cup onion cubes
- [ ] 1/2 cup drumstick pieces
- [ ] 2 slit green chilli
- [ ] 1 tbsp tamarind (imli) pulp
- [ ] 1 tbsp oil
- [ ] 1/2 tsp mustard seeds (rai / sarson)
- [ ] 4 to 5 curry leaves (kadi patta)
- [ ] 1 whole dry Kashmiri red chilli , broken into pieces
- [ ] 1 tbsp finely chopped coriander (dhania)

Nutrition Facts

Per serving

Calories	**122**
Total fat	3.4 g
Saturated fat	Not listed
Sodium	11 mg
Total carbs	18 g
Fiber	3 g
Total sugars	5.6 g
Protein	5.1 g

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Method

- [ ] **1** Start the sambar masala by placing a small non-stick pan over a medium flame. Toss in the chopped dry Kashmiri red chillies, chana dal, cumin seeds, fenugreek seeds, black peppercorns and coriander seeds, dry roasting them for 2 to 3 minutes while keeping the mixture moving the whole time.
- [ ] **2** Give the roasted spices time to cool down fully, then grind them in a mixer to a smooth powder and set this aside.
- [ ] **3** For the sambar itself, place the toovar dal in a pressure cooker together with the turmeric powder, asafoetida and 2 cups of water, then cook it under pressure for 3 whistles.
- [ ] **4** Let the steam release completely before you open the lid, then give the dal a thorough whisk.
- [ ] **5** Tip the whisked dal into a deep non-stick pan and add the red pumpkin cubes, potato cubes, tomato cubes, onion cubes, drumstick pieces, slit green chillies and 2 cups of water. Stir everything together, clamp on a lid and let it bubble over a medium flame for 20 minutes, giving the pan an occasional stir.
- [ ] **6** Now stir in the tamarind pulp along with 1/2 cup of water and the ground spice powder, and keep it cooking on a medium flame for 5 minutes, stirring from time to time.
- [ ] **7** Work the finely chopped coriander through the sambar and set it aside.

General information, not medical advice.

Estimates vary with brands and portions.

- [ ] **8** Warm the oil in a small non-stick pan and drop in the mustard seeds.
- [ ] **9** As soon as the seeds begin to crackle, toss in the curry leaves along with the broken pieces of the whole dry Kashmiri red chilli and saute them briefly on a medium flame.
- [ ] **10** Tip this sizzling tempering straight into the sambar and stir it through.
- [ ] **11** Ladle the sambar out hot alongside idlis, dosas, vadas or uttapam.