



Dal Palak

Ingredients

Lentils (Röda linser)	- 150 grams (soft boiled)
Onions	- 2 (finely chopped)
Tomato	- 1 (coarsely chopped)
Spinach	- 250 grams (finely chopped)
Ginger & Garlic paste	- 1 tablespoon
Garlic	- 2 tablespoon (finely chopped)
Garam masala	- 1 teaspoon
Cumin	- 1 tablespoon
Turmeric powder	- ½ teaspoon
Chilly flakes	- 1 teaspoon
Salt	- as per taste
Lemon	- ½ teaspoon
Oil	- 2 tablespoon
Green Chillies(optional)	- 1 or 2(finely chopped)
Fresh Coriander	- Handfull (finely chopped)

How to make

- Take a Sauce pan, put on medium heat – Add 2 tablespoons of oil.
- Once oil heats up, add the onions it fry till translucent (transparent).
- Add Ginger garlic paste and cook for a minute.
- Add tomatoes and cook it tomatoes turn soft.
- Add the Garam masala, turmeric powder. If using green chillies, add it now.
- Add the boiled lentils, finely chopped spinach and water based on the consistency of the dal.
- Take of the heat and add the lemon juice.
- For tempering: In another sauce pan take 1 tablespoom oil and heat it.
- Add cumin seeds, chilly flakes and finelt chopped garlic. Cook well.
- Then put this seasoning over the lentils.
- Garnish with coriander.
- Serve hot with rice or Indian bread