

Dal Palak

(Indian Lentil and Spinach Curry)

Ingredients :

- 1/2 cup yellow lentil / dhuli moong dal / masur dal pre-soaked for 8 hrs
- 3 cups water
- 1 cup spinach / palak / fresh fenugreek leaves (methi) - chopped as per availability
- salt to taste
- 1/2 tsp turmeric powder
- 1/4 tsp immunity powder
- 1 tbsp lemon juice
- 2 tbsp A2 ghee
- 1 tsp ginger - chopped
- 2 cloves garlic - chopped
- 1/2 tsp cumin seeds
- 1/4 tsp hing (asafoetida)
- 1 tbsp fresh coriander - chopped

Method :

1. Wash the dal and transfer it to a pressure cooker.
2. Add 3 cups of water, chopped spinach / methi, salt and turmeric powder, immunity powder.
3. Pressure cook till done (2-3 whistles).
4. Once done, open the lid.
5. Add lemon juice in cooked dal.
6. Transfer the dal in the serving bowl.
7. Heat A2 ghee in a small pan.
8. When the ghee is hot, add ginger and garlic.
9. Fry till garlic is slightly browned.
10. Add cumin seeds and hing.
11. Switch off the gas, pour the tadka over the dal.
12. Garnish with coriander leaves and serve hot with rice/ roti/ bhakri as per choice

Notes:

- Dal Palak is an instant pot-friendly dish, rich in protein and fibre.
- You may use any dal from yellow moong dal, green moong dal, pink masoor to pigeon peas, chana dal too.
- Be sure of using chemical free spinach and preferably garden grown.
- Clean spinach leaves extremely well, especially during the monsoon season.

