

Creamy Lentil and Split-Pea Dhal Recipe

Ingredients: Serves 3-4

150g lentils, rinsed and drained
150g yellow split peas, rinsed and drained
1 teaspoon ground turmeric
2 fresh green chilies, halved lengthwise
4 teaspoons vegetable oil
1 teaspoon brown or black mustard seeds
1 teaspoon cumin seeds
2 teaspoons garam masala
1 teaspoon ground coriander
½ cup (125ml) water
3 tablespoons heavy (double) cream
1 large tomato, unpeeled, chopped
salt to taste
¼ cup (10g) chopped fresh cilantro (fresh coriander)

Method:

Place lentils and split peas in a bowl and add cold water to cover. Set aside for 30 minutes. Drain. Fill a large saucepan with water and bring to a boil. Add lentils, split peas, turmeric and chili. Boil, uncovered, until lentils and peas are tender, about 30 minutes. Drain, place in a bowl and mash coarsely. Set aside. In a saucepan, heat oil over medium-low heat and add mustard seeds. Cook until they crackle, about 30 seconds. Stir in cumin seeds and cook until aromatic, about 30 seconds. Stir in garam masala and coriander. Stir in mashed lentils and peas, water, cream and tomato. Season with salt. Bring to a boil over medium heat, reduce heat to low and simmer, partially covered, stirring often, for 4 minutes. Adjust seasoning. Stir in cilantro and serve hot.

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