

punjabi lobia

preparation time: 15 minutes
cooking time: overnight soaking
§ 1 hour 10 minutes
chilli rating: mild

difficulty level: easy
serves: 10 as part of a
main meal



ingredients

1 cup dried black-eyed beans
½ tsp ground turmeric
2 tsp coriander seeds, ground
1 tsp cumin seeds, ground
⅓ cup vegetable oil
2 brown onions, chopped
1 tsp salt
1½ tbs garlic, minced
1 tbs fresh ginger, grated
½ tsp chilli powder
1 large, ripe tomato, chopped
⅓ cup plain whole-milk yoghurt,
whisked till smooth
1 tsp dried fenugreek leaves,
crushed
2 tbs fresh coriander, chopped,
to serve

method

Rinse beans in cold running water until water runs clear. Place in a bowl, add water to cover generously. Cover with water and let stand overnight.

Next day, cook soaked beans with turmeric over medium heat and bring to the boil. Simmer, uncovered, for 30 minutes. Meanwhile, in a spice grinder grind the coriander and cumin seeds. Set aside.

In a large saucepan, heat the oil over medium-high heat. Add onions and salt and cook, uncovered, stirring frequently, until onions are softened. Stir in the garlic, ginger, chilli powder and ground coriander and cumin and cook, stirring, until fragrant. Stir in the tomato and cook until softened.

Stir in the yoghurt, mixing well. Add the cooked beans and mix well then add the fenugreek leaves. Transfer to a serving dish and serve with the coriander.

Ajoy's tips Click [Ajoy's blog on beans and lentils](#) to learn all about soaking dried beans such as these black-eyed beans!

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