

dal palak

preparation time: 10 minutes

cooking time: 30 minutes

chilli rating: mild

difficulty level: easy

serves: 4 as part of a main meal



ingredients

2 cups mung lentils

1 tsp ground turmeric

2 bunches English spinach, washed and puréed in a food processor or finely chopped

salt, to taste

2 tbs vegetable oil

1½ tsp black or brown mustard seeds

1 sprig fresh curry leaves (about 8–10 leaves)

juice of ¼ of a lemon

1 cup Sona Masoori rice (see Ajoy's tips)

method

Wash the lentils in cold water.

Place in a large, heavy-based pan and cover with 5 litres of cold water and the turmeric.

Bring the water to the boil and let simmer until lentils start to break down.

Add the puréed (or finely chopped) spinach to the cooked lentils, and using a spoon fold gently. Season to taste.

In another pan, heat the oil over medium heat until it starts to smoke.

Remove from the heat and crackle the mustard seeds.

Place the curry leaves on top of the cooked lentils and pour the hot oil on top of the leaves until they 'snap fry'.

Fold the mixture and add the lemon juice, just before serving. Serve immediately with rice.

Ajoy's tips Click [Ajoy's blog](#) to read about this recipe. Serve with Sona Masoori rice; use 3 cups hot water to 1 cup rice.

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