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# Creamy Indian Lentils (Dal Tadka)

Yield: 4 min
Total Time: 45 min

Recipe from: https://www.recipeschoose.com/recipes/spicy-indian-lentils-recipe

## Ingredients:

- 1 cup lentils split pigeon peas/split yellow lentils/toor dal rinsed
- 1 chopped onion
- 2 chopped tomatoes
- 1/2 inch ginger grated
- 1 tablespoon coriander powder
- 1 teaspoon turmeric
- 1/4 teaspoon cayenne
- 3 cups water
- 1/2 stock cube
- 1 tablespoon kasuri methi crumbled, optional
- 1/2 teaspoon Garam Masala
- 1 tablespoon chopped coriander
- 1/2 lemon
- salt to taste
- 2 tablespoons sunflower oil or any flavourless oil
- 1 teaspoon cumin seeds
- 5 garlic cloves finely chopped
- 1 bay leaf

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 39 grams
3. Fat: 8 grams
4. Fiber: 18 grams
5. Protein: 15 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 210 milligrams

8. Sugar: 4 grams

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