

# Easy Red Lentil Curry - Masoor Dal

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/red-lentil-curry-pakistani-recipe>

## Ingredients:

- 1 cup masoor dal or red lentils
- 3 1/4 cups water or 2 cups for pressure cooking
- 1/4 cup canola grapeseed or other neutral oil
- 1/2 teaspoon cumin seeds
- 1 medium onion finely chopped
- 5 garlic cloves crushed
- 1/2 inch ginger piece, crushed
- 2 small tomatoes chopped
- 1 green chili chopped or sliced, chopped for more heat, sliced for less
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chili powder or cayenne or more to taste
- 1 1/8 teaspoons salt or more to taste
- 1 teaspoon kasuri methi or dry fenugreek leaves optional
- 1 tablespoon ghee not suitable for vegans
- 2 tablespoons chopped cilantro
- 1 teaspoon lemon juice freshly squeezed
- 1/4 teaspoon Garam Masala optional

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 37 grams
3. Fat: 17 grams
4. Fiber: 17 grams
5. Protein: 14 grams
6. SaturatedFat: 1 grams

7. Sodium: 690 milligrams

8. Sugar: 4 grams

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