

# Toor Dal

Yield: 4 min

Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/toor-dal-recipe-pakistani>

## Ingredients:

- 2 cups toor dal uncooked, or 4 cups cooked; Toor dal, aka Split Pigeon Peas, is available online here.
- 2 tablespoons ghee
- 2 teaspoons cumin seeds
- 1 1/2 teaspoons yellow mustard seeds
- 1 onion medium, diced
- 1 tablespoon garlic paste or about 1 inch ginger, grated on microplane grater
- 1 tablespoon ginger paste or about 2 large garlic cloves, grated on microplane grater
- 3/4 teaspoon turmeric powder
- 1 teaspoon Garam Masala powder
- 1 teaspoon red chili powder
- 1/2 teaspoon cumin powder
- 1 Roma tomato finely diced, about 1/3 cup
- 1 tablespoon lemon juice
- 1/4 cup chopped cilantro plus additional for garnishing
- salt to taste, I used about 1 teaspoon

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 64 grams
3. Fat: 7 grams
4. Fiber: 31 grams
5. Protein: 26 grams
6. Sodium: 240 milligrams
7. Sugar: 4 grams

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