

# Tarka Dal

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/water-spinach-recipe-indian-style>

## Ingredients:

- 1 1/2 cups yellow peas split
- 3 3/4 cups water
- 3 tablespoons vegetable oil
- 10 fresh curry leaves
- 1/4 teaspoon cumin seeds
- 1/4 teaspoon mustard seeds
- 1 medium onion finely chopped
- 1 inch ginger piece, cut into small thin strips
- 3 long green chillis pricked with a sharp knife
- 3 cloves garlic all peeled, one sliced finely using mandolin
- 3 medium tomatoes quartered
- 3/4 teaspoon turmeric
- 1 1/2 teaspoons Garam Masala
- 1 teaspoon ground coriander
- 1 pinch asafoetida
- 6 3/4 tablespoons water
- salt
- pepper
- 1 bunch coriander

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 27 grams
3. Fat: 12 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 440 milligrams
8. Sugar: 5 grams

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