

# Fenugreek Flavored Lentil Curry – Dal Recipes



*This traditional Indian dish is often served over rice or [roti](#). This recipe is the combination of fenugreek leaves, toor dal and bengal gram dal. It is not only delicious, a good source of non-meat protein and it also has a number of health benefits. It taste absolutely delicious when you eat it with a tsp of ghee.*

## **Ingredients**

**1 Small Bunch of Fenugreek Leaves, Chopped**

## **To Pressure Cook**

**1/4 Cup of Toor Dal**

**1/4 Cup of Bengal gram Dal**  
**1 Medium Size Tomato, Finely Chopped**  
**1 Green Chilly, Finely Chopped**  
**1/2 Tsp of Turmeric Powder**  
**1 Tsp of Oil**  
**1/2 Tsp of Salt**  
**2 Cups of Water**

### **To Temper**

**3 Tsp of Oil**  
**1 Tsp of Mustard Seeds**  
**1 Tsp of Urad dal**  
**1/2 Tsp of Cumin**  
**1 Red Chilly**  
**Pinch of Asafoetida**  
**Curry Leaves**  
**2 Garlic Cloves, Finely Chopped**

### **Method**

- **Soak both the dals in enough water for 1/2 hr. Drain the water and wash the dals in cold tap water. Keep this aside.**
- **In a pressure cooker, add toor dal, bengal gram dal, turmeric powder, oil, salt, chopped tomato, green chilly and water, cook this for 5-6 whistles. Switch off the stove.**
- **Heat oil in a pan, add red chillies (break it), mustard seeds, urad dal and cumin. After they sizzles, add a pinch of asafoetida, curry leaves and chopped garlic, fry for 1-2 mins.**
- **Add chopped fenugreek, saute for 1 min.**
- **Add the cooked dal to a pan, cook it for 2 mins. Check the salt and switch off the stove.**
- **Hot Fenugreek flavored lentil curry is ready.**



### Tips

- Serve this dal with [Potato Peas Fry](#) or [Colocasia Fry](#)
- You can follow the same recipe with spinach or any greens.
- You can enrich the taste by adding 1tsp of ghee.
- You can also add lemon juice while serving.

### Health Benefits of Dal and Greens

- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol
- A dish of basmati rice with moong dal combines carbohydrates, protein, fiber and fats for a healthy, balanced meal. The rice provides carbohydrates for quick-release energy.
- Fenugreek Leaves are rich in vitamins, minerals and good source of protein and Iron.

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