

Dal Tadka with Naan

Dal tadka avec naan

30 min

Medium

380 kcal per serving

Dinner

Vegan



Ingredients

FOR ONE SERVING

Yellow lentils (<i>Lentilles jaunes</i>)	200 g
Tomato (<i>Tomate</i>)	2
Onion (<i>Oignon</i>)	1
Garlic (<i>Ail</i>)	3 cloves
Turmeric (<i>Curcuma</i>)	1 tsp
Cumin seeds (<i>Graines de cumin</i>)	1 tsp
Naan bread (<i>Pain naan</i>)	2

Nutrition facts

PER SERVING

Calories	380
Protein	18 g
Carbohydrates	54 g
Fat	10 g
Fiber	14 g

Preparation

- 1 Rinse the yellow lentils until the water runs clear, then place them in a pot with enough water to cover them by a few centimeters, a pinch of salt, and the turmeric.
- 2 Bring the lentils to a boil, then lower the heat and simmer until they are soft and creamy, skimming off any foam if needed.
- 3 While the lentils cook, finely chop the onion, tomatoes, and garlic.
- 4 Heat a pan over medium heat, add the cumin seeds, then add the onion and cook until soft and lightly golden.
- 5 Add the garlic and tomatoes, then cook until the tomatoes break down and form a thick sauce. Add a little water if the pan gets too dry.

- 6 Stir the tomato mixture into the cooked lentils, season with salt and pepper, and simmer a few minutes so the flavors combine.
- 7 Warm the naan bread in a dry pan or oven until soft and hot, then serve it alongside the dal.
- 8 Finish by spooning the dal into bowls and serving the warm naan on the side.

GOOD TO KNOW

If the dal gets too thick, stir in a little hot water at the end to keep it silky.