

Lentil Saag Dahl

Swick

Serves 6 to 8 | Active Time: 30 minutes | Total Time: 2 hours

Step 1: Starting the Dahl

- 2 tbsp oil (optional)
- 2 cups red lentils*
- 1 cup yellow split peas*
- 1 lrg onion, diced
- 4 cloves garlic, minced
- 2 tbsp freshly grated ginger
- 2 tsp cumin seeds
- 2 tsp mustard seeds
- 2 tsp onion seeds
- 2 tsp fenugreek seeds
- 1 tsp fennel seeds
- 1/2 tsp chili powder* (or to taste, can also just add a jalapeño is you like)
- 1 tbsp turmeric
- 3 green cardamom pods
- 2 bay leaves
- 2 tsp sea salt, or to taste
- 1/2 tsp freshly ground black pepper
- 1 - 28 oz can diced tomatoes
- 7 to 8 cups stock or water*

To start the dahl, heat a large heavy-bottomed pot over low heat. Then add the oil, followed by the onions and a good pinch of salt. Note: Alternatively, the onions can be dry-sautéed.

Let the onions cook for approximately 20 to 30 minutes, or until soft and translucent. Then add the garlic and ginger and let cook for about 30 seconds. Next, create a hole in the middle of the onion mixture and add a touch more oil (if needed), and then add the cumin, mustard, onion, fenugreek, and fennel seeds. Turn the heat up to medium and toast the seeds until they become fragrant. Be sure to stir the seeds frequently so they do not burn.

Once done, add the remaining spices, as well as the salt and pepper. At this point, turn the heat back down to low and then add the remaining spices and stir to combine.

Note: from this point forward, everything can be added and finished in a slow cooker.

Lastly, add the lentils, split peas, diced tomatoes, and 7 cups of stock (start with 6 cups if using a slow cooker). For the stock, we use this Faux Chicken Bouillon Powder.

Bring the mixture to a gentle boil and then cover the pot with a lid slightly ajar and let cook for approximately 1 1/2 hours, or until the split peas are soft and fully cooked through. Stir frequently, to ensure the mixture does not stick to the bottom of the pot, and add more water as needed.

If using a slow cooker, cook for approximately 8 to 10 hours on low, or 4 to 5 hours on high.

Step 2: Adding the Spinach | Optional

- 8 oz baby spinach, or to taste

Once the dahl has fully cooked, add the spinach. Note, if making this dish the day before, do not add the spinach until ready to serve. This will help maintain its vibrant green color.

If not using baby spinach leaves, be sure to roughly chop the spinach before adding it to the dahl.

Cook the spinach until it just starts to wilt and becomes soft.

Step 3: Finishing & Serving the Dahl

- 1/2 cup fresh cilantro, roughly chopped
- 1 to 2 tsp fresh lemon juice, to taste
- 1/2 tsp salt, or to taste
- 1/4 to 1/2 tsp garam masala, to taste (optional)
- cooked basmati rice (brown or white), (optional)
- pappadums (optional)

To finish the dahl, add the cilantro and fresh lemon juice and taste for seasoning — adding more salt and/or a touch of garam masala if needed.