

Yellow Daal Tadka



Daal tadka is one of the most popular dishes in India. Daal means lentil, which is staple in Indian source for protein. Tadka is a word for tempering, a technique to fry spices and herbs in oil .

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Included in your kit



Ginger &
Garlic Mix



Yellow Daal



Dry Masala



Tomato &
Onion Paste



Cilantro



Chili Paste
(Optional)

From your kitchen



Pan w/ Lid



Spatula



Measuring Cup

Ingredients: Yellow Lentils, Yellow Onions, Tomato Puree, Tomato Paste, Canola Oil, Water, Cilantro, Garlic, Ginger, Turmeric, Garam Masala, Salt, Cumin, Coriander, Green Cardamom, Black Cardamom, Turmeric, Cloves, Cinnamon Sticks, Rose Petals, Sesame Seeds, Star Anise, Rose Petals, Nutmeg, Nigella Seeds, Fennel Seeds, Fenugreek Seeds, Dried Plums, Dried Dates, Bay Leaves.

Allergens:

Yellow Daal Tadka

Instructions

1



Heat nonstick pan on low heat and add oil mixture from #1. Stir until golden brown (around 30 sec).

Optional: Add chili paste to desired spice level.

2



Increase the flame to medium heat. Add tomato & onion paste from #2 and mix for 2 min, until the oil begins to separate from the mixture.

3



Add dry masala from #3 and stir until it is completely into the tomato & onion paste.

4



Add yellow daal from #4 and gently stir for around 2 min.

5



Add $\frac{3}{4}$ cup water and stir for 1-2 minutes, until the gravy begins to boil. Then, cover the pan with a lid and let the gravy boil for 5-7 min, stirring occasionally.

6



Add cilantro from #6 for garnish and serve.