PAKISTANI · LUNCH · DINNER

Lahori Black Lentil Daal

50 min · Serves 5 · 264 kcal a serve · Video 3:09 · Food Fusion

Vegetarian · Gluten-free ingredients · No nuts listed

Whole black lentils keep their skins, so each serve carries about 11 g of fibre and 13 g of plant protein, and is rich in folate and iron. The only fat is the tarka oil and a little milk; no cream or butter.

Diet notes: Low saturated fat (1.3 g, 4% of the energy); DASH-friendly (480 mg sodium a serve).

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Ingredients 14 · SERVES 5

- [ ] 9 oz whole **black masoor** (sabut kali masoor), soaked 15 min
- [ ] 2–3 cups **water**, for simmering
- [ ] ½ tsp **turmeric powder**
- [ ] 1 tsp **salt**, or to taste
- [ ] 1 tbsp **crushed garlic**, in two lots (½ tbsp in the daal, ½ tbsp in the tarka)
- [ ] ½ cup **milk**
- [ ] 1 tsp **red chilli powder**
- [ ] ½ tsp **garam masala**
- [ ] 3–4 tbsp **oil** (cooking oil), for the tarka
- [ ] 1 medium **onion**, chopped
- [ ] ½ tbsp **cumin seeds**
- [ ] 2 **green chillies**
- [ ] 9–10 **fresh curry leaves**
- [ ] a squeeze of **lemon juice** (about 1 tbsp), to finish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the whole black lentils, cover with water and soak for 15 minutes, then drain. 0:11
2. Put the lentils in a pot with 2–3 cups of water, the turmeric, salt and half the crushed garlic. Bring to the boil, partly cover and simmer on low for 20–25 minutes until tender. 0:29
3. Stir in the milk, red chilli powder and garam masala and cook for another 4–5 minutes. 1:09
4. For the tarka, heat the oil in a small frying pan and fry the chopped onion until translucent. Add the remaining garlic, then the cumin seeds and green chillies and cook for 30 seconds. 1:32
5. Add the curry leaves and mix, then pour the sizzling tarka over the daal and stir it through. 2:09
6. Finish with a squeeze of lemon juice and serve hot. 2:41

> **Tip** Use 3 tbsp of oil for a lighter tarka. Serve with rice or roti. The daal freezes well; reheat with a splash of water and make the tarka fresh. Swap the milk for unsweetened soy milk to make it vegan.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
264 kcal 1,110 kJ	**13 g** 25% of a day	**31 g** 20 g net · 5 g sugars 11% of a day

FIBRE	FAT	SODIUM
11 g 39% of a day	**11 g** 1.3 g saturated 14% of a day	**480 mg** 21% of a day

Energy from net carbs 35% · protein 23% · fat 42%

High in (20%+ of a day) Folate 59% · Omega-3 58% · Iron 28%

Source of (10–19%) Vitamin B6 19% · Zinc 17% · Vitamin E 14% · Magnesium 13% · Potassium 12%

Recipe and video: Food Fusion (@FoodfusionPk) on YouTube — youtube.com/watch?v=GKNNDG6WwP8, published 7 November 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lahori-black-lentil-daal