



Tadka is a cooking technique used in India in which whole spices are roasted in ghee to draw out essential flavours.

Cooking Time: 40 min | Dairy-Free
Cals 1319 | Prot 41 | Carbs 171 | Fat 53

Tips For Fussy Eaters

Swap the kale for spinach.

Pro Tip

When pouring the tadka over the dal, cover with a lid to avoid any hot splashes.

Ingredients

Dal

	For 2	For 3	For 4	
Red onion	1	1	2	Piece
Potatoes	200	300	450	Grams
Kale	200	300	300	Grams
Vegetable oil	1	2	1	Tbsp
Ginger garlic paste	15	20	30	Grams
Madras curry powder	2	4	4	Grams
Turmeric powder	2	2	4	Grams
Garam masala	2	2	4	Grams
Salt	0.5	1	1	Tsp
Water	600	800	1200	ML
Vegetable stock cube	1	1	2	Piece
Red lentils	200	300	400	Grams
Salted vegan butter	125	125	125	Grams
Cumin seeds	2	2	4	Grams
Fresh coriander	15	15	15	Grams

Sides

Basmati rice	150	225	300	Grams
Salt	0.5	0.5	0.5	Tsp
Water	300	450	600	ML
Chapati	4	6	8	Piece



1 Prep

Rinse and soak the **rice**. Peel and finely chop the **onion**. Peel and chop the **potatoes** into small pieces. Trim and roughly chop the **kale**.



2 Start dal

Heat a pan with a lid over a medium heat with a drizzle of **oil**. Once hot, add the **ginger-garlic paste**, **curry powder**, **turmeric** and **garam masala** and cook for 1 min. Add the **kale** with a pinch of **salt** and fry for 3 min further.



3 Simmer

Add the **measured water**, **stock cube**, **lentils** and **potatoes**. Cover and simmer for 17-20 min until the **lentils** and **potatoes** are cooked through.



4 Rice

Meanwhile, drain the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



5 Tadka

Meanwhile, heat a second pot over a medium-high heat with the **butter** (use half if cooking for 2). Once hot, add the **onion** and **cumin seeds** and fry for 6-8 min or until the **onion** begins to brown - this is your **tadka**.



6 Serve

Meanwhile, chop the **coriander** leaves. Once the **lentils** are cooked, add **coriander** leaves and a splash of water if needed. Add the **tadka**. Warm the **chapatis** in a microwave for 30 sec. Serve the **dal** with the **rice** and **chapatis** alongside.



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