



Arvinda's

premium spice blends for Indian cooking



COMFORTING MASOOR DAL – Red Lentil Curry

This is the ultimate comfort food, perfect for a cold, winter day.

(Serves 2-4)

Ingredients:

- 1 cup red split lentils
- 6 cups water *(add more if necessary)*
- 1 tbsp ghee OR butter
- 1 small onion, peeled and finely chopped
- 1 tbsp **Arvinda's Curry Masala**
- 1 tsp salt *(or to taste)*
- 1 tbsp fresh coriander, finely chopped, to garnish
- ½ tsp **Arvinda's Garam Masala**, to garnish

Method of Preparation:

Wash lentils in 4-5 changes of water or until water runs clear. In a medium pot, add enough water to cover lentils. Add salt. Cover partially with a lid and simmer on medium heat for 10-15 minutes, until lentils are thoroughly cooked.

In a separate pan, melt ghee or butter on medium-high heat. Add onions and fry until softened, approximately 3-4 minutes.

Add **Arvinda's Curry Masala**. Mix together until all the spices are blended.

Add cooked lentils to spice mixture. Simmer until lentils thicken. Add salt to taste.

To serve, garnish with coriander and a sprinkle of **Arvinda's Garam Masala**. Serve hot with chapatis and rice.