Pan of Bliss
Let's cook it real slow!

Healthy Moringa Leaves Dal

https://panofbliss.com/healthy-moringa-leaves-dal/

Prep Time 30 minutes minsCook Time 20 minutes minsTotal Time 50 minutes

Ingredients

- 3 cups Moringa leaves (Drumstick leaves)
- ½ cup Dal (Toor/Tuvar/Arhar/Masoor)
- ½ tsp Turmeric powder
- 1 tsp Chilli powder
- 1 tsp Salt (as per taste)

For Grinding

- 1 cup Grated coconut
- 3 nos. Green chillies
- ½ tsp Cumin seeds
- 3 nos. Shallots
- 1 no. Garlic clove

For Seasoning

- 1 tbsp Coconut or Sunflower oil
- 1 tsp Mustard seeds
- 5-10 nos. Curry leaves
- 4 nos. Shallots (finely sliced)
- 2 nos. Green chillies
- 1 no. Medium-sized tomato (chopped)
- ¼ tsp Asafoetida (a pinch)
- ¼ tsp Roasted fenugreek seeds (powdered)

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Instructions

How to prepare Moringa Leaves Curry with Toor Dal

1. Begin by plucking and cleaning Moringa leaves. Wash them well ensuring there are no stems. In a pan, gently cook the Moringa leaves with turmeric powder, salt, and a dash of water on low flame for 10 minutes. The slow-cooking method locks in all the flavours and nutrients.While the leaves are cooking, wash the toor dal well and pressure cook it with 1 cup water, turmeric powder, and chilli powder for about 3 whistles.
2. For the coconut paste, grind together grated coconut, shallots, cumin seeds, green chilies, and garlic into a fine paste, adding a splash of water to achieve a fine consistency. Once the dal is cooked, combine it with moringa leaves and let it simmer for another 5 minutes.Next, stir in the coconut paste and cook for 5 more minutes, before turning off the heat.

For Seasoning

1. Heat oil in a seasoning pan. Add mustard seeds and allow them to splutter. Toss in curry leaves, sliced onions, and green chillies, frying until they turn golden brown. Add sliced tomato and a pinch of asafoetida mixing everything well.Pour this fragrant seasoning over moringa dal curry and mix well. Sprinkle in roasted fenugreek powder over the dal for that extra layer of flavour.

Serving Tips

1. Serve this delightful curry hot, alongside steaming rice and a dollop of zesty homemade lemon pickle. So, there you have it—a beautiful recipe that is both delicious and nourishing. I hope you try this Moringa Leaves Curry with Toor Dal, making it a cherished addition to your family meals.

Notes

Notes & Tips Soaking dal or lentils before cooking improves digestion and helps absorb nutrients. It can also neutralise lectins, phytates, and phytic acid in the lentils, which may lead to gas and bloating in the stomach. Soaking dal also reduces the cooking time on the stove.