



# Arvinda's

*artfully created Indian spice blends*



## Masoor Dal – Red Lentil Curry

This is comfort food at its best! This is a lentil curry best served with an Indian flatbread, such as chappati. Alternatively, serve with plain rice.

### Ingredients:

1 cup	red lentils
2 cups	water
½ tsp.	sea salt or salt to taste
1 tbsp.	ghee or butter
½	onion, finely chopped
2 tsp.	<b>Arvinda's Curry Masala</b>
1 tbsp.	cilantro, finely chopped to garnish (optional)
½ tsp.	<b>Arvinda's Garam Masala</b> , to garnish (optional)

### Method of Preparation:

Wash lentils in several changes of water or until it runs clear. Soak in warm water for 15-20 minutes.

In a pot, add lentils with water and salt. Cover and gently simmer on low heat for 15-20 minutes, until lentils are thoroughly cooked. Add extra water if necessary.

In a separate pan, heat ghee or butter on medium heat. Add onions and fry until golden brown. Add **Arvinda's Curry Masala** and mix with onions.

Add cooked lentils. Simmer for 6-8 minutes or until lentils have thickened. Add salt to taste if necessary.

Remove in a serving dish and garnish with **Arvinda's Garam Masala** and cilantro. Serve with basmati rice and Indian flatbread to make a healthy, well-balanced meal.

**Serves 4.**