

Dal Palak (Indian Red Lentil and Spinach Stew)

1. 1 cup red lentils
2. 1/4 tsp ground turmeric
3. 1 lime quartered
4. 1 1/2 tsp salt
5. 1/2 tsp black mustard seeds
6. 1/2 tsp cumin seeds
7. 1/2 tsp fennel seed
8. 1 small dried red chili, broken in half
9. 1 small onion coarsely chopped
10. 2 garlic cloves, finely chopped
11. 1 tsp finely grated, peeled ginger
12. 3 cups spinach, coarsely chopped

Directions

1. Rinse lentils and cook in 3 cups of water, skim foam off the surface until the foaming stops, about 3 minutes. Stir in turmeric, reduce heat to medium-low, and partially cover, simmering for 25-30 minutes. Remove from heat and squeeze in juice of 1/2 of a lime and 1 tsp salt.



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2. In a non-stick pan, heat a scant amount of olive oil and add mustard, cumin, and fennel seeds until mustard seeds start to pop. Reduce heat to medium. Add Chile and stir to coat. Add onion and cook until translucent, adding water if needed, about 5 minutes. Add garlic and ginger, cook, stirring, until fragrant, about 30 seconds. Add spinach and 1/2 tsp salt and cook while stirring until spinach wilts but is still bright green, about 1 minute. Remove from heat and squeeze in 1/2 of the lime.
3. Add spinach mixture to lentils, season as per taste, serve with brown rice, cilantro, and lime wedges.