



Mum's Everyday Red Lentils

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon mustard seeds black
- 1 Handful cilantro leaves fresh chopped
- 0.5 teaspoon cumin seeds
- 1 cup masoor dal lentils red for stones
- 4 cloves garlic thinly sliced
- 0.5 inch ginger minced peeled
- 0.5 teaspoon bafaat powder
- 1 onion diced

- 1 serrano chile sliced in 1/2, optional
- 2 medium tomatoes diced
- 0.5 teaspoon turmeric powder generous
- 1 tablespoon vegetable oil
- 2 cups water

Equipment

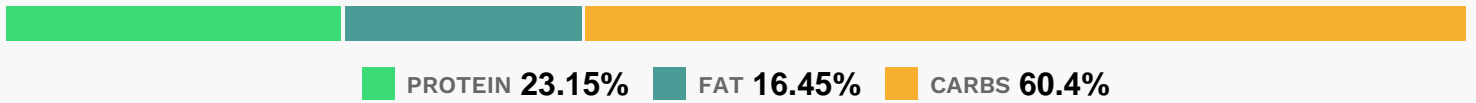
- bowl
- frying pan
- sauce pan
- whisk
- pot
- sieve

Directions

- Watch how to make this recipe.
- Put the lentils in a strainer and rinse them under running water.
- Add them to a bowl, cover with water and let soak for 30 minutes.
- Drain and set aside.
- In a medium saucepan, combine 2 cups of water, the onions, garlic, ginger, tomatoes, chile, if using, and the lentils. Bring to a boil over medium-high heat. Skim any scum from the surface. DO NOT ADD SALT YET; it will toughen the lentils, thereby lengthening their cooking time. Lower the heat, cover the pot with a lid and gently simmer until the lentils are tender, almost translucent, and almost falling apart, about 30 to 40 minutes.
- Whisk the lentils, releasing its natural starch, and mash some of them so the mixture becomes thick.
- Add salt, to taste.
- Tempering oil (bagaar): In a small bowl, combine the cumin and mustard seeds. In another bowl, combine the spice powders. Have all the ingredients ready because this will move very fast!

- In a small skillet, over a medium-high flame, warm 1 tablespoon vegetable oil. Once the oil is shimmering, add seeds and immediately cover so you don't get covered in spluttering oil and seeds!
- Add the spices. They should sizzle and bubble a little - that's the blooming and it's exactly what you want. Don't let them burn. The mixture should bloom for about 30 seconds, no more.
- Pour the oil mixture into the lentils, standing back so you don't get hurt when the mixture splutters again. Stir to combine.
- Transfer the lentils to a serving dish and garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:67.15, Glycemic Load:5.13, Inflammation Score:-10, Nutrition Score:19.000434875488%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 231.44kcal (11.57%), Fat: 4.31g (6.63%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 19.47g (7.08%), Sugar: 3.91g (4.34%), Cholesterol: 0mg (0%), Sodium: 67.77mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.64g (27.29%), Fiber: 16.14g (64.54%), Folate: 246.25µg (61.56%), Manganese: 0.84mg (42.02%), Vitamin B1: 0.47mg (31.14%), Phosphorus: 261.16mg (26.12%), Iron: 4.29mg (23.83%), Vitamin B6: 0.4mg (19.81%), Potassium: 683.4mg (19.53%), Magnesium: 73.89mg (18.47%), Vitamin C: 14.61mg (17.7%), Zinc: 2.55mg (17%), Copper: 0.34mg (16.82%), Vitamin K: 17.02µg (16.21%), Vitamin A: 616.66IU (12.33%), Vitamin B5: 1.15mg (11.47%), Vitamin B3: 1.75mg (8.76%), Calcium: 82.47mg (8.25%), Selenium: 5.37µg (7.68%), Vitamin B2: 0.13mg (7.6%), Vitamin E: 0.93mg (6.17%)